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Ms. Smith

Internship 4B

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Post Internship Reflection

Hello to all! I am so glad and grateful to have you here reading and reviewing my work, and I want to wish you all a thank you. To review, my internship was at Hanger Clinic: Prosthetics & Orthotics. Initially, when I started looking for a placement, I had my sights set on a physical therapist practice. It wasn't until Ms. Shew mentioned Hanger that I became intrigued by the idea of working in prosthetics. I had never considered it before, but prosthetics seemed like an often overlooked aspect of rehabilitation. Although I had no previous knowledge about anything relating to prosthetics, I knew this was an opportunity I couldn't pass up. Altogether, I wanted to grow my professional healthcare experience while stepping into an unfamiliar field where I knew I could learn more and grow. Once I made this decision, I was most eager to see patients and the inner workings of a prosthetic clinic. What I didn't expect was to see some of the most monumental steps in people's life, and quite literally, some patient's first steps with prosthetic limbs.

The SMART goal that I set for myself at the beginning of my internship was to achieve over 60 hours of time at Hanger Clinic and gain a deeper understanding of what exactly the field of prosthetics is and if I want to pursue a career in it. I did in fact complete my goal! I logged approximately 68 hours and have decided that prosthetics is not the field for me. Despite loving my experience at Hanger Clinic, about half way through my internship, I felt as though my skill set does not really align with the skills required for a prosthetist. I very much enjoyed the patient

care aspect, but I didn't love the hands-on machinery part. While problem-solving was a constant factor and very stimulating, I didn't love how appointments were constantly interrupted by running back and forth to the lab to tweak things. I feel as though I would thrive best in a more direct patient-care career. This made me realize perhaps a career in physical therapy, where I am working mainly directly with a patient, would be a better fit for me. I am still grateful to have had this experience, as it allowed me to better understand patient care and a field that works so closely with PT. To complete my overall SMART goal, I created multiple smaller SMART goals to help me. Some of these included learning about the schooling required for a prosthetist, learning about unusual amputations, and making progress on my portfolio. During my monthly conferences with Ms. Smith, I got to sit down and talk about my current progress and how my internship was going. This was the main resource that I used to track my progress and measure my success with my overall and small SMART goals.

Throughout my internship, the five employability skills I focused on were citation, verbal communication, initiative, creativity, and goal-making. After taking my employability skill assessment, I found myself to be lacking in these skills, and I knew that this was something I needed to focus on improving. For example, my citation skills were not prepared for the amount of MLA required for internship class. Luckily enough, I took English 101 during my internship, and we constantly reviewed MLA. This helped me continually practice my MLA skills. My annotated bibliographies allowed me to learn how to cite various sources like videos, articles, and interviews as well. For the rest of my skills, every internship visit, I would do one task, big or small, that would practice each skill. Whether it was meeting someone new for verbal communication or asking a question to take initiative, I was consistently working my skills every day. Then, each month at my conferences, I fully reflected on each one of these skills and

determined which I had felt grew the most. This was extremely helpful in measuring my progress. Overall, I believe my citation skills were the most refined due to the constant practice of citing. I am glad I had the opportunity to develop these skills in an actual workplace, as it is similar to what I will be doing in my future career. In any healthcare job, these skills are necessary to have. For example, verbal communication skills are needed to effectively work with patients, citation skills for documentation, goal-making skills for career advancement, creativity skills for fostering innovation, and initiative skills for problem-solving. Each of these skills are equally important, and I am now equipped with all of them. Moving forward, I will prioritize practicing these skills daily as they are key to professional growth and will never become less important.

As I near the end of my internship experience, I am immensely grateful for the amount I have learned and for the people who have taught me. Interning at Hanger taught me countless things. I learned about patient care by watching numerous appointments, I explored human anatomy as clinicians discussed the different types of amputations, and I even learned a little about tools, like what a plumb bob is. My internship also greatly advanced my employability skills, which further prepared me for college and my future career. Most importantly, my internship allowed me to see that this career isn't right for me. This is very helpful in narrowing down my options as a college student and saves me time spent on a job that wouldn't work for me. The skills I learned are invaluable in any career I work towards. Overall, I know in the end that this experience has truly fueled my passion for patient care as I watched clinicians change people's lives for the better. It truly excites me for my future and everything I can accomplish with my newfound knowledge.