

My fourth rotation was OB/GYN, and it was a unique experience because it was a five-week rotation broken down into clinic, OB floor, GYN, night flow, and then clinic again. I really enjoyed how the rotation was structured because I gained exposure to multiple aspects of the specialty rather than being limited to one setting. Each week felt different and gave me opportunities to learn new skills and see different patient populations. This made the rotation engaging and helped me understand the continuity of care in OB/GYN from outpatient visits, labor and delivery, inpatient management, and surgical care.

During my OB floor experience, I was able to see many vaginal deliveries, and I am very thankful that patients allowed me to be a part of such an important moment in their lives. I also rounded with residents in the postpartum unit and learned how postpartum patients are managed after delivery. I found it interesting to see discussions regarding pain management, breastfeeding, future contraception options, and vaccinations such as MMR when indicated. I enjoyed seeing how much education and preventative care occur even after delivery and how physicians continue caring for mothers beyond labor itself.

One of the most memorable experiences for me was seeing my first Cesarean section, which unexpectedly happened to be an emergency C-section. At that time, I had never scrubbed into surgery before and honestly did not know how to act in the operating room or what my role should be. Initially, I felt overwhelmed and unsure of myself, but as the rotation progressed, I gained confidence after scrubbing into additional procedures and becoming more comfortable in the OR environment. During my GYN week, I learned proper operating room etiquette, including introducing myself to patients before procedures, helping nursing staff and scrub technicians prepare the room, and assisting with patient preparation after surgery by obtaining blankets, preparing the stretcher, and helping transport patients. I really enjoyed becoming more involved and seeing how every member of the team contributes to patient care.

I also enjoyed seeing a variety of operative cases because it exposed me to aspects of gynecology that I had not previously seen. I had the opportunity to observe procedures such as hysterectomies, D&Cs, and cystoscopies. During GYN week, I was also able to pre-round and round with the team, which was challenging because many patients had complex medical histories and postoperative courses. I even had opportunities to explore other floors, including the SICU, where I remember seeing a patient with subcutaneous emphysema status post total abdominal hysterectomy, bilateral salpingoophorectomy with lymph node dissection, with a history of endometrial cancer. Additionally, during the clinic, I learned more about outpatient obstetrical care through observing ultrasound use, fetal heart tone assessments, fundal height measurements, and management decisions throughout pregnancy.

Another aspect of this rotation that I truly appreciated was the residents and staff who were very willing to teach and involve students. I felt supported throughout the rotation and learned a lot from their willingness to explain their clinical reasoning and answer questions. We also attended

Grand Rounds, where residents presented educational lectures, and I found these sessions helpful because they reinforced topics I was learning clinically and independently studying. Ultimately, this rotation challenged me both clinically and personally by pushing me outside my comfort zone and helping me become more adaptable in different environments. Overall, it gave me a greater appreciation for women's health and strengthened my confidence as a future clinician.