

PD I and PD II definitely let me come out of my comfort zone. It gave me my first real opportunities to interact with patients and grow as a future clinician. In PD I, I was nervous and hesitant during my first patient interview. I focused so much on remembering the correct steps and maneuvers for each physical exam that I struggled to connect with patients and organize my findings efficiently. My questions often came out feeling scripted or robotic, as I was too focused on asking the right questions rather than engaging naturally with the patient. This also led me to miss important patient information, like their medications, social history, and ROS.

During PD II, I began to notice significant improvement. I feel like my questions came out more naturally and had more flow. I was listening to the patient more instead of thinking about what to ask next. As for physical exams, I was more confident in my maneuvers and focused on performing the pertinent components rather than trying to do everything in the book. I also felt more aware of which findings were more relevant and how they fit into the patient's overall story. For example, in PD I, I would often include very minor and irrelevant details even when they weren't clinically relevant, like small moles or tattoos for a patient showing up with abdominal pain,

All in all, I have come to realize that PD is a process. It is not something that happens overnight. Developing confidence, clinical reasoning, and natural patient communication takes time and repeated practice. Each patient encounter and every hands-on experience contributes to growth and I am ready for that journey.