

## Something New

During my Pediatrics rotation at Queens Hospital Center, I cared for patients ranging from neonates to adolescents, representing diverse cultural backgrounds and communities. I learned that pediatric patients often do not present with textbook symptoms, and that understanding each patient's full context, such as recent illness, family history, diet, and social history, is essential in order to get a better picture of the underlying cause of illness. Which is necessary because younger patients aren't able to clearly articulate the source of their discomfort; for example, a cough could originate from either the throat or the chest, which would completely change the treatment plan. This experience reinforced the importance of conducting thorough, detailed physical assessments to accurately diagnose and effectively treat pediatric patients.

## Skills, Challenges, and Action Plan

While at my Pediatrics rotation at Queens Hospital Center, I observed how closely providers across different disciplines, Physician Assistants, Doctors, Nurse Practitioners, and nurses work. These providers collaborated and communicated respectfully to prioritize patient well-being. Some of the challenges I have faced during this rotation, particularly during high-patient-volume shifts with limited staff, have required clear communication and effective task prioritization. During my rotations found myself in difficult situations with a large patient population who primarily spoke Spanish. I found myself oftenly using online medical interpreters was critical to ensuring accurate communication and patient comfort. However, there are times when technical difficulties and miscommunication arise, and using a third party to mediate the conversation is often misinterpreted in translation. I realized the importance of learning another language in medicine and have begun studying Spanish to better communicate common medical terminology to patients and families. Additionally, I frequently encountered stressed or anxious parents while in the pediatrics emergency department. I learned to provide precise, direct information, address their questions, and reassure the parents. This allows me to build trust and provide full transparency in caring for their children. Areas I plan to improve include further enhancing communication with parents and gaining more experience in patient education. My action plan moving forward is to continue learning Spanish, practicing patient-centered explanations, and actively seeking feedback from preceptors on my interactions to ensure clarity, empathy, and efficiency in care delivery.

## Memorable Experience

While working in the NICU, I had the opportunity to assist in the resuscitation of a newborn during a Cesarean delivery. Being part of such a life-altering event for both the newborn and the parents was incredibly impactful. During the event, I performed suctioning and provided ventilation, which gave me a deeper appreciation for how fragile neonates are and how essential it is to conduct rapid yet thorough physical examinations to ensure appropriate care. I also observed the critical role of collaboration and communication with the Obstetrics team, both in the operating room and during the postoperative period, in evaluating and stabilizing the newborn patient. This experience reinforced the importance of teamwork, rapid clinical decision-making, and effective communication skills directly applicable in Pediatrics, Emergency Medicine, Critical Care, and other high-acuity settings where patient outcomes depend on coordinated, timely care.

## **Overall Reflection and Perspective**

During this 5-week Pediatrics rotation at Queens Hospital Center, I learned that I can remain calm, thorough, and detail-oriented even in a chaotic clinical setting. I discovered that I value strong collaboration with interprofessional teams, which provides me with the backbone and support to perform my tasks effectively and with full confidence. I communicated clearly and compassionately with patients and their families, addressing their concerns and questions. This rotation broadened my perspective on pediatric care, helping me understand that children often present differently from textbook cases, and that inquiring about a thorough family history and reviewing each patient's complaints are critical to guiding assessment and treatment decisions. Moving forward, I plan to continue improving communication with families, incorporate other aspects of the patient's life, such as family and social history, into my assessments, and actively seek feedback from my colleagues and other providers to provide safe, effective, and individualized care for every patient.