

OB/GYN Rotation Reflection

Something New

My experience during my OB/GYN rotation was both unique and impactful, as it introduced me to a different side of patient care that emphasizes preventive health, reproductive medicine, and patient-centered communication. I had the opportunity to care for women across various stages of life, including those presenting for routine screenings, prenatal visits, and gynecologic concerns such as abnormal bleeding and infections. This rotation allowed me to strengthen my clinical reasoning by developing differential diagnoses specific to women's health and applying guideline-based care in real time. One of the most valuable new skills I developed was performing speculum exams. Initially, this was unfamiliar and required careful attention to both technique and patient comfort. Over time, I became more confident in my ability to perform these exams efficiently while maintaining a respectful and reassuring approach. This hands-on experience not only improved my technical skills but also deepened my understanding of cervical screening, infection evaluation, and overall gynecologic care.

Skills, Challenges, and Action Plan

Throughout this rotation, I gained a greater appreciation for the importance of communication and trust in women's health. Many visits involved sensitive topics, requiring a respectful, nonjudgmental approach to ensure patients felt comfortable and heard. I also improved my ability to obtain focused histories related to menstrual cycles, sexual health, and reproductive goals. One challenge I faced was ensuring patient comfort during speculum exams while also maintaining proper technique. At times, I found it difficult to balance efficiency with gentleness, especially early in the rotation. However, by observing experienced providers and practicing under supervision, I learned how to guide patients through each step, explain what to expect, and adjust my technique to minimize discomfort. Over time, I became more confident and intentional in my approach. Moving forward, I plan to continue refining my procedural skills and patient communication by seeking additional opportunities for hands-on practice and feedback. I also aim to further strengthen my knowledge of women's health guidelines to enhance my clinical decision-making.

Memorable Experience

One of the most impactful experiences during this rotation involved a patient who presented for a routine gynecologic exam but expressed significant anxiety about undergoing a speculum exam due to a prior negative experience. I had the opportunity to observe how the provider approached the situation with patience and empathy. Before beginning the exam, the provider took time to listen to the patient's concerns and validated her feelings. The provider carefully explained each step of the procedure in simple terms and emphasized that the patient could request to stop at any time. During the exam, the provider maintained a calm and reassuring tone, checked in frequently, and adjusted technique based on the patient's comfort level. This approach allowed the patient to feel more in control and ultimately complete the exam successfully. This experience stood out to me because it highlighted how technical skills alone are not enough—patient trust and communication are just as important. It reinforced the idea

that even routine procedures can be stressful for patients, and it is our responsibility to create a supportive and respectful environment.

Overall Reflection

Overall, this rotation contributed significantly to both my clinical and personal growth. I developed greater confidence in performing speculum exams, improved my ability to communicate about sensitive topics, and gained a deeper appreciation for the importance of women's health. This experience reinforced that providing quality care involves not only clinical knowledge and procedural skills but also empathy, patience, and respect for patient autonomy. I remained actively engaged throughout the rotation, consistently sought feedback, and applied it to improve my performance. This rotation has strengthened my confidence and expanded my perspective on patient care, and I will carry these lessons forward as I continue my clinical training.