MIDDLEBURY COLLEGE HEALTH PROFESSIONS & STEM ADVISING

2016 Porter Internship Handbook

Middlebury College
Center for Careers & Internships
INTRODUCTION
Congratulations on your acceptance to the Porter Hospital Winter Term Internship (PHWTI). As you know, the mandatory orientation for PHWTI is MONDAY JANUARY 11, 2016 at 8:00 AM in the COLLINS CONFERENCE ROOM at PORTER MEDICAL CENTER. You will not be permitted to begin the internship without completing the orientation. (http://www.portermedical.org/directions.html).

HOME BASE CLINICAL PRACTICE
Each Middlebury College intern is assigned a home base clinical practice. Your preceptor or supervisor at your home base will be a physician, physician’s assistant or a nurse practitioner. Interns typically spend about three days a week at their home base clinical practice; some interns elect to spend more time with their preceptors, others choose to spend less time, preferring to explore other aspects of clinical medicine. When you are not at your home base clinical practice, you will be participating in elective activities. These include spending time in Radiology, Blood Bank and Lab, Hospice, ER, Rehabilitation and Nursing Home, EMS, and observing surgery and anesthesiology to name a few. There is no set curriculum; this is your internship and you will get as much or as little out of this month that you put into it.
An intern’s typical week might look like this:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:00 AM-12:00 PM</td>
<td>Home Base Clinical Practice</td>
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<tr>
<td></td>
<td>1:30-3:30 PM</td>
<td>Radiology</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:00 AM-2:00 PM</td>
<td>Surgery</td>
</tr>
<tr>
<td></td>
<td>3:00-5:00 PM</td>
<td>Blood Bank</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:00 AM-12:00 PM</td>
<td>Home Base Clinical Practice</td>
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<tr>
<td></td>
<td>5:00-11:30 PM</td>
<td>ER Shift</td>
</tr>
<tr>
<td>Thursday</td>
<td>2:15-5:15 PM</td>
<td>EMS Ride along</td>
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<tr>
<td>Friday</td>
<td>8:00-10:30 AM</td>
<td>Hospice Home Visit</td>
</tr>
<tr>
<td></td>
<td>2:00-5:00 PM</td>
<td>Home Base Clinical Practice</td>
</tr>
<tr>
<td>Saturday/Sunday</td>
<td>11:00 PM-7:00 AM</td>
<td>ER Shift</td>
</tr>
</tbody>
</table>
DRESS CODE
The dress code for the Porter Internship is “Business Casual”.

• Men—Appropriate Business Casual
Business casual means khakis, chinos, or gabardine trousers and a collared shirt for men, either polo-style or button-down. Ties are optional, with wool or cotton sweaters, trousers, and loafers with dark, coordinated trouser socks being fairly common.

Men—Business Casual No-No’s:
T-shirts and jeans (worn together), dirty sneakers, sandals, no belt (and your pants have belt loops), shirttail out, caps (baseball), active wear (jogging suits, wind suits, outdoor wear, camouflage fabrics, military fatigues, hiking boots, etc.).

• Women—Appropriate Business Casual
For women, the guidelines are similar to those for men. Higher heels are no longer as popular as they used to be. Slacks, skirts, and city shorts (top of the knee), and tops with coordinating vests or wool or cotton sweaters. Flat leather shoes with dark, coordinating trouser socks are appropriate.

Women—Business Casual No-No’s:
Poorly coordinated outfits, humorous attire or accessories, leggings or stirrup pants, casual and short shorts, ultra-short skirts, no hosiery or socks, camisoles, sportswear, T-shirts, jeans, sweats, athletic shoes, or thong-like "flip-flop" sandals.

http://www.middlebury.edu/studentlife/cci/resources/interviewing/dress

You will be given scrubs when you observe surgical procedures. You’ll be shown where to find scrubs, and where to place them after your day of surgical shadowing.

SURGICAL SHADOWING
Each student will be assigned at least one day where they are able to observe surgeries in the operating room. The student will be paired with a surgeon for all or part of a day and will observe the surgeon perform the surgeries scheduled for that day. The schedule is in continual flux. Elective surgeries are booked a few weeks in advance, while urgent and emergent surgeries are added continually on short notice. On the day you are assigned to view surgeries, you may view additional surgeries added on to your OR day. Only two students may view any given surgery. For surgeries that last longer than two hours, more than two students can view the case if they rotate after 30 minutes. Students should work together to agree on a rotation plan and inform the nurse in charge of the room of their intentions. The nurse will let the students know whether a rotation is possible or not based on the particular situation.

In the third and fourth weeks of January, there will be open slots for interested students to sign up to observe additional surgeries. We will create a Google Doc calendar with
the available slots and times and then notify you that the schedule has been posted for you to sign up. The schedule for Week 3 will be finalized towards the end of Week 2 and the schedule for Week 4 will be finalized towards the end of Week 3. If your preceptor is a surgeon, you will be assigned to view most surgeries with your preceptor for the first 2 weeks. Thereafter, you may sign up to view surgeries in Weeks 3 and 4 like any of the other interns.

On the day of surgery, plan to arrive at the operating room at 7:15 AM. Surgeries start shortly after 7:30. Students who are late will miss the first surgery and must wait until the second case before entering the Operating Room. If you need assistance getting into the Male or Female locker rooms, just ask for help at the window in the surgical waiting room. Do not bring extra belongings, as locker space is not available. Males can use the locker labeled “Benz”. Unfortunately, extra female lockers are non-existent. Women may hang their coats and clothes on the coat rack inside the locker room. You will find scrubs in a cabinet inside the locker room. Get changed into scrubs, and then ask anyone you see to help you find “your surgeon”. Your scrubs have two small pockets, so you may keep your valuables with you if they fit. Cell phone etiquette is the same as if you were in class. **PHONES MUST BE IN SILENT MODE.** The length of your day in the OR will vary according to the number of surgeries scheduled, but may run until 5:00 PM. Toss your scrubs in the locker room hamper at the end of the day, and make sure to empty your pockets first!

**EMERGENCY ROOM SHADOWING**
Students may sign up to shadow an Emergency Room physician for a several hour shift. The Emergency Room runs 24 hours per day and evenings and weekends are particularly active times. Similar to signing up for surgical procedures, we will set up a Google Doc sign up sheet once the ER gives us open shift times, and then notify you that the sign up is open.

**RADIOLOGY SHADOWING**
Students may sign up for Radiology shadowing shifts. X-ray, CT Scan, MRI, Ultrasound, and Nuclear Medicine are all performed in the Department of Radiology. These imaging modalities provide powerful visual information about patient health and each student is encouraged to sign up for at least one session with Radiology. Similar to how you can watch surgical procedures and shadow in the ER, we will set up a Google Doc sign up sheet once the Department of Radiology gives us open shift times, and then notify you that the sign up is open.

**LABOR AND DELIVERY**
Students who would like to observe the birth of a baby may place their name on a waiting list with the Labor and Delivery Nurses by going to Labor and Delivery in person or by calling 388-4720. Callers should identify themselves as Middlebury College
students in the Porter Winter Term Internship and ask to speak with the charge nurse about signing up to observe a delivery. Students should provide the nurse with the best means of immediate contact (cell phone) as well as times of non-availability. Opportunities to observe deliveries are unpredictable and often sparse. Students who are sincere about trying to take advantage of this special opportunity will make themselves available if they receive a call. The nurses will go down the list until they find a student who can attend. Getting a call to attend a birth is a bit like winning the lottery.

**ELECTIVES**

After the first two weeks, students may arrange to shadow at a Home Base Clinical Practice that is not their own. If you want to shadow a physician who is already paired with a student, please first contact the student directly to find out what days they will not be with their physician. Armed with that information, you can call the office and request to spend time with that practitioner. Please mention that the assigned student will be elsewhere and you’ll have a better chance of getting in. Starting Week 1, you may also arrange elective visitations with physicians and health care professionals who do not already have a student assigned to shadow them. Below you will find a list of physician preceptors and other departments that are open to having a student shadow.

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<thead>
<tr>
<th>Mentor/Office</th>
<th>Specialty</th>
<th>Office</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Anderson, Kristofer, MD</td>
<td>Ear, Nose and Throat</td>
<td>Porter ENT</td>
<td>388-7037</td>
</tr>
<tr>
<td>Calhoun, Brian, MD</td>
<td>Anesthesiology</td>
<td>Porter</td>
<td></td>
</tr>
<tr>
<td>Gregory, Amy, MD</td>
<td>Ophthalmology</td>
<td>Eye Care Associates</td>
<td>388-6565</td>
</tr>
<tr>
<td>Harmon, Maureen, MD</td>
<td>Pathology</td>
<td>Porter</td>
<td>388-4717</td>
</tr>
<tr>
<td>Lefkoe, Todd, MD</td>
<td>Rehabilitation and Pain</td>
<td>Vermont Spine Works</td>
<td>-</td>
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<tr>
<td>Mahoney, Andrew, MD</td>
<td>Urology</td>
<td>Green Mountain Urology</td>
<td>388-3899</td>
</tr>
<tr>
<td>MREMS (Lisa Northrup)</td>
<td>Emergency Services</td>
<td>MREMS Middlebury</td>
<td>388-3286</td>
</tr>
<tr>
<td>Vest, Julie</td>
<td>Hospital Lab</td>
<td>Hospital Lab</td>
<td>388-4747</td>
</tr>
</tbody>
</table>

*Hospice and Rehabilitation/Nursing Home information will be forthcoming

**CLASSROOM SESSIONS:**

We will meet as a group on four occasions during the course of the month and **Attendance is MANDATORY at all four sessions.** Previous students have really enjoyed these sessions, and it is a good opportunity to reflect on the week’s experiences. Dr. Timothy Cope (ktmccope@comcast.net) a retired physician who founded the Porter Winter Term Internship in 1978 leads these sessions and he has prepared a list of readings that you can find here:


*All questions pertaining to the readings should be directed to Dr. Cope.*
We are continuing to figure out dates for these sessions, and at this point we can share information for three of the sessions:

**•TUESDAY JANUARY 12, 2016 at 7:00 PM in 103 HILLCREST**
University of Vermont College of Medicine Director of Admissions Cary Jewkes will speak about what it takes to get into medical school. She explores what a competitive candidate looks like and what are the qualities that appeal to the University of Vermont College of Medicine in particular, and medical schools in general. Ms. Jewkes will provide a frank and direct presentation that will shed light on the medical school application process.

**•FRIDAY JANUARY 15, 2016 AT 9:00 AM LOCATION TBA**
University of Vermont College of Medicine Director of Financial Aid Kari Brayden will discuss affording the medical education. She’ll explain financial aid, loan packages, average debt and offer stark insight into an education that can cost up to $280,000 (and that’s just tuition and fees, not living expenses!!). We’ll also hear about financing the medical education through the military or the serving in an underprivileged area to gain loan forgiveness.

**•THURSDAY FEBRUARY 4, 2016 at 8:00 AM in 103 HILLCREST**
This is your session! You’ll each be asked to share your thoughts about the month, so come ready to present. What did you like about the Porter Internship? How can the internship improve? What were your favorite clinical moments? What was unsettling or disturbing? What are your thoughts now about the practice of medicine?

**FINAL PAPER:**
The final paper is due on SUNDAY FEBRUARY 14, 2016 by 11:59 PM and you are free to write about a topic of your choice. Past interns have written about Vaccines, The Affordable Care Act, The Case for Socialized Medicine, The Libby Zion Case (a case that changed intern work hours), Health Care Challenges in Vermont, Teen Pregnancy, The Politics of Birth Control, Autism, How Doctors Become Socialized, and Electronic Medical records.

Another idea for a final project is to select three patients that you have seen, and write them up anonymously. Have a paragraph of background about each patient, a section on the encounter and the plan, and then a section on the diagnosis. Share your thoughts and be creative---did the patient seem to have underlying mental health challenges? How might you have handled the encounter differently from your preceptor? What did you learn from the patient? What is the natural history of their disease? Feel free to use your preceptor or any other care provider as a resource. I encourage you to explore a topic that interests you--those sorts of topics make for the best papers. The paper should be roughly 5-7 pages in length and should be submitted to me electronically.
SUMMARY

• Orientation:
  MONDAY JANUARY 11, 2016 at 8:00 AM in the COLLINS CONFERENCE ROOM at
  PORTER MEDICAL CENTER (http://www.portermedical.org/directions.html)

• Session #1:
  TUESDAY JANUARY 12, 2016 at 7:00 PM in 103 HILLCREST

• Session #2:
  FRIDAY JANUARY 15, 2016 at 9:00 AM LOCATION TBA

• Session #3:
  TBA

• Session #4:
  THURSDAY FEBRUARY 4, 2016 at 8:00 AM in 103 HILLCREST

• The final paper is due on SUNDAY FEBRUARY 14, 2016 by 11:59 PM