

## OBGYN Office Reflection

1. I did my office day with Dr. Noelle Zavala. I followed her around all day as she spoke with patients, did vaginal exams, listened to babies' heartbeats, educated about vaccines, and more. I mostly just observed but she did let me help some. I was kind of her gopher throughout the day for whatever she needed.
2. I was a little nervous at the beginning, just because she was a little bit intimidating to me. I think I would have been nervous no matter who it was just because I don't interact with physicians very often. But she was very nice. I felt like I was actually helping a little bit and usually I just feel like I'm kind of in the way as a student. I feel like I learned a lot.
3. There were several good things about the day. Firstly, she showed me how to use the doppler once, and then she just let me do it, so that made me feel like she trusted my ability to do it (not that it was extremely difficult or anything, but still). I also asked her a simple question about prolapse because she had to remove a woman's pessary, and she went out of her way to grab me her gynecology textbook and explain the process and let me read about it, which I thought was very nice. To contribute, I pretty much just grabbed the ultrasound gel for her, walked swabs down to their basket, and was an extra set of hands for her.
4. I already used some of the knowledge I learned because we learned about prolapse today and I knew all about it already! I think it also just gave me a good idea of how doctors speak with patients and what an OB checkup looks like, which I had no idea of before. I also got to see how she comforted a patient experiencing a miscarriage, which was sobering but nice to see.
5. I think things went great. I probably could have been more proactive about asking her what she needed from me. She was a great person to learn from though.
6. Overall, I really enjoyed my time in this office. She was very kind to me and introduced me by name to each of her patients (which almost never happens when we're following someone). I felt like she actually cared about me learning something. I think my experience with Dr. Zavala will help me the most if I ever have a student or an orth following me in the future. I'll go out of my way to make sure they feel seen like she did with me!