

FIELD EDUCATION

The Log



Week # 1

Hours This Week: 8 Total Hours: 8 / 120

HOURS SPENT / TASKS & ACTIVITIES	REFLECTIONS JOURNALING THOUGHTS PROCESSING
<p>1 hour spent with mentor going over all rules and regulations of the chaplain department and also what is expected of me during my time there.</p> <p>4 hours spent on visiting the patients in their rooms. Talking with them about their spirituality. Listening to the patients talk about what is bothering them. Praying for the patients and their needs.</p> <p>2 hours spent in family meeting. Sitting with the doctors, social worker, patient relations and family discussing the family concerns and decisions to be made for the long-term care of their love one. Offering spiritual support to the family when they decide on end of life or palliative care.</p> <p>1 hour spent on writing up a summary of the visits for the day. This included name of patient, time visit and what care was offered.</p>	<p>This is my first day as a chaplain intern at Mount Sinai West. Although I have a little experience since I use to volunteer as a chaplain, I know that every hospital operates differently. I was sent out to the patient rooms with two other chaplains. I was told by my mentor to shadow them. This was an interesting experience because they all had different ways of approaching the patients. I started reflecting on how I felt when I was a patient in that hospital. The thoughts that flood my mind was how lonely you feel when you are lying in a hospital bed. I also saw how important it was for the chaplain to visit the sick. They are the ones who offer holistic care to the patients. I also observe how happier the patients were after our visit. I realize that they just needed to talk and for someone to listen. The family meeting that I attended, really open up my eyes to how much the family goes through when their love one is in hospital. In the meeting I was observing the emotions of the family. I saw that they were concern, anxious, fearful and angry. When they were told of the severity of the patient's illness, I saw confusion on the faces. I can see from the look on their faces that they were wondering if they were making the right decisions. I was surprise to see how everyone played such an important part in making sure that the family was comfortable with their decision. I reflected on the unity and cohesion of everyone involved. I always see the chaplains walking around the hospital, but today I saw firsthand how involved they are in patient care.</p>

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MEETING(S) WITH MENTOR(S) || TOPICS OF DISCUSSION || REFLECTIONS

Met with my mentor to reflect on my day. We discuss what I observe and how I felt about joining the theme. We also discuss some of the future plans she had for my internship. She also advised me to make sure I get enough rest because sometimes my day could be very hectic.