

Toolkit Case Reflection: "Discovering Enjoyment"

Freshman Seminar

An Undergraduate Student

In reading the story of Rachel, a medical practitioner who believes in taking care of the "whole" patient: mind body, and spirit, I felt a strong sense of admiration for the way she goes about doing her work. Even in a modern day society where many doctors pay attention only to the patient's condition in terms of health, Rachel sticks true to her values and does what she believes is right for the person for whom she cares.

In this way, she is doing definite good work. She's doing her job as it is supposed to be done, but in the process she is enjoying her work and touching the lives of others. This is shown in the way she passionately speaks of her profession and in the way she goes above and beyond in making patients feel comfortable in returning them to, not only physical health, but mental health also. The story of the little boy with ADHD to whom Rachel showed the hedgehog especially touched me. In preparing for a career as a nurse, the only thing I hope I accomplish most is making other people happy and leaving them better than they were before they met me.

About 5 years ago, my family went through a rough time. My grandmother had been in a horrible car accident, only to find out that her CAT scans, given as a result of the trauma, revealed lung cancer. Although I was young and it was a few years ago, the one thing I remember most is the impression and the difference that the nurses that cared for her made. They were so kind in explaining everything that was going to happen and in making my grandma as comfortable as possible.

That is the kind of nurse that I hope to be. I want to be able to share my medical knowledge and practice my learned skills, but also to provide my patients with excellent care. I look to those like Rachel and the nurses who cared for my grandma as role models, and hope someday to make as much of an impression on those I care for as they have.