

## Shadowing with Penn Orthopaedic Surgery (with Dr. Ahn)

So you think you may want to be a doctor? Well, congratulations on your interest in a career in medicine! Being a physician is a wonderful way to positively impact the lives of others and extremely satisfying professionally and personally.

To begin your shadowing experience with us, let's outline some of what you can expect and set a few goals and expectations:

- This is for your edification; so, much of this will be tailored to your desire to seek certain experiences. Before you begin to actually shadow, we should set a framework together.
- With that said, please set a schedule that will work for you; remember that your overall objective academic record is most important factor in medical school admissions; in other words, don't neglect classes, sections/labs, tests, etc
- Depending on your interests, you should consider time in (1) Office Hours ("clinic" where we see our out-patients not currently in the hospital with us), (2) the Operating Room, (3) Hospital Team Rounds and In-Patient care (care of hospitalized patients), (4) discussion regarding academic activities such as teaching and research
- Professionalism is expected at all times. This includes patient privacy, sensitivity to diversity, illness and disability as well as appropriate appearance—professional "business"-type attire including ties for men and correspondingly formal for women.
- Before you start, you will need to obtain clearance, training, ID badge through your surgeon's administrative assistant; please be in email touch.
- While this is happening, get in touch with your surgeon to finalize a plan.

A little more about each of those settings:

1. Office Hours – almost all doctors see and advise patients in the out-patient clinical setting. Patients set appointments to discuss their care; in orthopaedic surgery, this is often pre-operative and post-operative care. Members of the clinic team include Check in/out, Nurses, Techs (eg cast application, xrays), Physician Assistants, Nurse Practitioners, Resident Surgeons, Orthotists, other observers
2. Operating Room – this is where surgeons do much of their hands-on work, to physically help our patients. You will get more specifics about this before enter the OR but briefly:
  - a. Patient is set up for surgery prior to entering the OR (clinic or in-hospital)
  - b. After consultation with the anesthesiologist, they enter the OR
  - c. Circulating Nurse (manages the overall flow of the room) will greet and verify
  - d. After appropriate anesthesia is administered, patient is placed into final position on the OR Table, cleansed and draped in sterile fashion
  - e. By then the Scrub Tech or Nurse will have set up the Scrub or Back Tables in a sterile fashion with necessary instruments and implants
  - f. After Time Out to verify correct side, surgery, antibiotics etc, the Surgical Team begins the procedure
  - g. The Surgical Team will consist of an Attending Surgeon ("professor" or some variety at Penn) and assistant/s (which could be Resident Surgeons of various levels, a Nurse/PA/Tech surgical assistant, medical or allied health student)
  - h. If fluoroscopy (xray) is being used, an Xray Tech will also be in the room with the fluoroscope; if xray is being used, make sure you have a leaded covers on
  - i. If implants are being used, an Implant Consultant may also be in the room
  - j. There may also be other observers in the room (ranging from high school to visiting professors).
  - k. If you see anything blue or green draped over something, assume it is sterile and do not touch it; always good to ask if you don't know what something is. To that end, make sure you introduce yourself to the Circulating Nurse, who is likely in the best position to answer occasional questions you may have.

- l. Our surgeries range from percutaneous procedures to big open ones; if you are not used to seeing surgeries, be ready to feel a little uncomfortable.
  - m. Considering writing down questions you may have to be discussed later; it may be hard to address them during the surgery
  - n. Real life surgery is NOT like it is on TV; let go of your preconceived notions and have an open mind
3. Hospital Rounds, in-patient care
    - a. Hospital team rounds are typically very early in the morning and often led by a senior resident. Wounds are checked and critical issues are taken care of.
    - b. The attending surgeon often rounds when the patients are more awake to answer questions or address concerns they may have.
    - c. Minute by minute care of the patient in the hospital (including Trauma Bay care) is provided typically by a junior resident (1<sup>st</sup> year resident is an “intern”), PA or NP with frequent consultation with senior residents and attending surgeons.
  4. Academics – at Penn, most surgeons also participate in Administration (leadership, committees), Teaching (from undergraduate to continuing medical education) and Scholarship (from basic science to clinical studies to health care analysis)

Since you will be seeing orthopaedic surgery, a few sites to explore:

- Careers in orthopaedics - <http://orthoinfo.aaos.org/topic.cfm?topic=A00274>
- Our department - <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/orthopaedics>
- May be a bit advanced but if you're interested, this is part of what our medical students are expected to learn; the sidebar also has links to basic information that might be helpful - <http://www.orthopaedicsone.com/display/Clerkship/Penn+Med+Self+Study+Questions>

Here is the overall schedule for Dr Ahn

- Monday – Veterans Affairs Hospital, Research, Teaching
- Tuesday – Research and Teaching
- Wednesday – Operating Room
- Thursday – Grand Rounds and Office Hours
- Friday – Operating Room

A little more about the practicals of PPMC OR and PMUC clinic (adapted from Med School instructions)

- PPMC ORs (Penn Presbyterian Medical Center @ 38<sup>th</sup>, block North of Market on left) - 2nd floor in the CUPP building at Presbyterian Hospital. You can find the OR desk if you take the elevator up to the 2nd floor in the CUPP building. you will exit the elevator and take a right down the hallway, continue past the intersection of 2 hallways until you come to a dead end, take a right (the only option) and proceed through the double doors, the OR office will be right there. (If you need scrubs) Please introduce yourself to the very nice folks at the front desk and explain you are an undergraduate student and if they could please assist you in obtaining scrubs it would be greatly appreciated. Once they help you may change in the changing area just next to the scrub machines and proceed to the OR. before entering the OR you will need a hat and a mask. At an appropriate point in the case, or ideally prior to the case you may identify your surgical team and introduce yourself as an observing student. The flat screen monitors around the OR area often will have the navicare surgery board up and the attendings name is listed on the board (to identify the correct OR) you can also ask which OR at the front desk. Do not touch anything that is covered in blue/green on the back tables.
- PMUC (Penn Medicine University City @ 38<sup>th</sup> and Market on right; use the North entrance) – trauma clinic is on the 7<sup>th</sup> floor on the side with the appropriate picture displayed. In clinic, introduce yourself to the clinic team.