

I participated in an internship at Mercy Medical Center in Cedar Rapids, Iowa. I worked in the Cardiac and Pulmonary Rehabilitation Department. This internship was beneficial for many reasons; it gave me experience in health care, specifically in the field that I wish to continue working. Interning at Mercy allowed me to apply knowledge that I learned at Cornell in a hands-on setting and to learn skills in detail. This opportunity also helped academically by allowing me to accumulate clinical experience hours which are required for the American College of Sport Medicine Exercise Specialist exam.

I previously completed an internship within the same setting during Block 4. During that time I greeted patients and prepared them for a 4-lead ECG. In addition, I assessed blood pressure and heart rate in patients before, during, and after exercise. I also monitored patients during exercise, looking for signs and symptoms of angina.

This internship was a continuation of my previous internship and provided many additional opportunities and responsibilities. I had more one-on-one patient contact with all of the patients I worked with. This internship also provided me with more experience working with pulmonary patients. Some additional responsibilities I took on included monitoring ECG's while patients are exercising - this I found very interesting. I was surprised at the amount of artifact that can show up with body movement. I also started teaching the healthy lifestyle educational sessions for cardiac patients and leading the Fit For Life classes.

During this internship, I learned a lot about the many aspects of cardiac and pulmonary rehabilitation. I learned about some of the illnesses that the patients have and

what illnesses they are at risk for developing. I learned about some of the drugs that many patients take and what those drugs do.

I also had a chance to investigate the routes insurance companies bill their patients and how medical facilities obtain money for services from insurance companies. I learned what diagnoses most insurance will cover and what diagnoses they will not cover.

During my internship, I was able to work with many health professionals. I worked with Registered Nurses and Exercise Specialists daily. I also worked with Physical Therapists, Respiratory Therapists, ECG techs, and cardiologists. I learned valuable things from each of these providers. This has helped me have a better understanding of all of the roles in healthcare and how each person plays an important role in a patient's care.

Now that I have graduated from Cornell, I am pursuing a career in Cardiac and Pulmonary rehabilitation. I am currently working at Mercy Medical Center in Cedar Rapids, Iowa. I am attending nursing school this fall, in hopes of becoming an RN. I hope to attend graduate school and further my education in this field. Working with special needs patients in an exercise setting is something that has always interested me, and it is one of the main reasons I chose my area of study at Cornell.