



Nursing Shadowing at University of Maryland Medical Center

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Major: Nursing

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Introduction

Since Winter break I have had the privilege of shadowing under Nurse Chris Wentker in the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center. I was able to see multiple roles in Nursing in units such as the Trauma Resuscitation Unit (TRU), Air Force Lab, Post-Anaesthesia Care Unit (PACU) and Intensive Care Unit. I got to see all types of patient care and the normal operation of an urban hospital in a major city. Nursing professionals gave me helpful advice as I enter Nursing school and what I should do to get my foot into the door into a hospital unit.



R Adams Cowley Shock Trauma Center 22 S Greene St, Baltimore, MD 21201. Supervised by Chris Wentker to learn about my future career and pathways in Nursing and how hospitals function.

Activities:

I got to see various forms of nursing and the usual things they deal with in each unit.

TRU: The reception for trauma patients, Mainly deal with head to toe assessments and if no further care is needed after them they stay in this unit. If further care is needed they send them to a more specialized unit.

Air Force Lab: University of Maryland Medical Center is aligned very close with military training. I got to see how they train in simulated scenarios and how real they make their training.

PACU: Saw where patients go after surgery and learned about monitoring patients pain levels to keep them in the most comfortable state before going home.

Neural ICU: Saw how patients with brain injuries are monitored and saw lifesaving procedures to ensure their life longevity.

Future Work:

A big piece of advice I was given meeting younger Nurses was to become a tech on a unit once I get my CNA license after my first semester in Nursing school. They emphasized it being a great way to get your foot in the door in a unit. In doing so I hope to mitigate problems with the needy in healthcare.

Issues Confronting Site:

In the city of Baltimore it is common to come across individuals that have no safe place or place to go home to. This could be for reasons like drug addiction, violence or they can't/ don't take care of themselves. The hospital works to mitigate these issues through social workers and sees to it that the people get the care they need for when they go back out into the world. Often times they return to the hospital again.

Impact:

My project itself cannot make much progress in the issues of the United States Healthcare system. However, it was an eye opening experience in what to expect in my career. It also makes me want to drive change in hospitals to help these people in need.



Me on the Helipad on top of the Shock Trauma Center! I saw a patient stretchered in!



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