

Video 2: Clinical Extracurriculars - Unpaid Experience

Paige found her second major clinical extracurricular through her local hospital in San Diego, which was a program titled “Pathmaker Internship”. She applied, went through an interview process, and was provided training to work specifically with patients.

Clinical Intern Responsibilities

In this position, Paige had the opportunity to be an intern in the ER, birth center, and the medical-surgical telemetry floor. As an intern in each of these settings, she was able to help patients get up and go to the bathroom, wheel patients out to their cars after being discharged from the hospital, and watched a lot of c-sections and vaginal deliveries in the birth center.

Unpaid Clinical Experience Takeaways

It was a fun experience for her where she was able to learn more about the hospital setting in comparison to her previous experiences working in a clinic. She was able to see how the sides of medicine differ between a clinic and a hospital.

In this position, she did not work much alongside physicians. Rather, she was more along the lines of an unpaid CNA. She worked a lot with the patients, but not much with the providers. Nevertheless, Paige learned so much and was also able to learn more about bedside manner in this role. She learned clinical skills - such as how to get a patient up to go to the bathroom, perform bedbaths, and feed a patient - as well as all the safety precautions that come alongside them.

Unpaid Clinical Experience Advice

Paige highly recommends looking into volunteer programs at your local hospitals. Some hospitals do not allow volunteers to do as much as she was able to since she was provided with the training. However, if you reach out to hospitals and see if they are willing to train you to do more, she is sure that one will help provide the opportunities you need for medical school.

Overall, Paige thinks it is super important that all applicants have even one clinical extracurricular experience before applying to medical school so they know what they are getting into, they know they like working with patients, and that medicine is a good fit for them.

If anyone has any further questions, you are welcome to reach out to Paige at paigeadams317@gmail.com.