Shadowing

Definitions
Clinical Volunteering

Helping/participating in a clinical setting

Primarily benefits others

May lead to shadowing
Definitions

Shadowing

Observing doctor-patient interactions

Primarily benefits the shadow

May lead to mentoring

Definitions

Mentoring

Originated in Homer’s Odyssey

Mentor was the name of Telemachus’ advisor

Advising or training, especially a younger colleague

May lead to letter of recommendation
Why shadow?

Find out what the career is all about
Clarify and validate initial impressions
Understand the realities/limitations of medicine (i.e. learn about "the dark side")
Test level of commitment
Discover likes and dislikes
Enhance motivation
Improve articulation of goals

Make an informed decision
“Test Drive”

Curb appeal
What’s under the hood?

Shadowing reflections

Can I see myself doing what this doctor does on a daily basis?
Can I see myself as a colleague of this doctor?
What are the joys and frustrations of this career?
How does the doctor learn more about his/her patient's personal lives?
  How is this knowledge factored into the patient's care?
Do I like the pace of this type of practice?
What are the pros and cons of this particular type of medical practice?
- size of practice
- types of patients
- size of community
- salaried or self employed
- hours and call schedule
- family life
- community service and/or influence
- ability to practice in rural area or overseas

Are there opportunities to teach medical students?
Am I drawn to diagnostic problem solving?
How do I feel when there is no "cure" or treatment options?
What did the doctor do when s/he didn't know the answer to something?
Is the doctor involved in clinical research?
Is the doctor involved in "bench" (lab) research?
Shadowing reflections

Do I like situations in which a decision has to be made quickly?
Am I drawn to procedures?
How do I feel about chronic problems compared with acute problems?
How do I feel when I see patients who don't listen to advice or who don't take good care of their health?

Shadowing reflections

How does the doctor relate to his/her patients?
- formal or friendly approach
- standing up or sitting down
- rushed or not rushed
- listening or interrupting
- speaking in medical jargon or in words the patient can understand

What factors seem to play into how the patients respond to the doctor?
Did all patients with the same diagnosis seem the same?
  If not, how and why might they have been different from one another?
Finding a physician to shadow

Student should take the initiative

• Ask personal physician about shadowing him/her or suggesting a colleague
• Network with family friends, neighbors, co-workers
• Hospitals, County Medical Societies, AHECs
• Washington Academy of Family Physicians

Finding a physician to shadow

• Ask at workplace or volunteer site
• SMDEP
• UW Admissions Website
• Become a scribe $$$
• Be a medical interpreter $$$
Other concerns

• HIPAA

• Immunizations

• Criminal Record

Thank You