

Intern WALL OF FAME



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Cardiac Rehabilitation
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I learned in the Cardiac Rehabilitation Clinic how to help patients with their exercise prescriptions. I learned how to take blood pressures, RHR's, and SA O2 readings. I had to learn why many of the patients were put into the rehab and what they are doing to better themselves and their conditions. I learned about the causes of heart attacks, stents, and other cardiac conditions. It was very sad to learn about the pain that some of these patients experience every day of their lives. Working at the clinic has helped me discover that I can do a lot to help these people who are looking to live healthier lives. I observed that many of these patients are forced to come to the classes that are in the morning and some of them give you a hard time because they really don't want to be there. It was a great experience to see the afternoon patients come in; they volunteer themselves to go and work out to better themselves and to strengthen their hearts. They are a very nice group of people, in all the classes even if they don't want to be there. Being there and working with every one constantly reminds me that cardiovascular exercise is so important to maintain a healthy life style and to lower your risk of heart disease and other heart conditions.

My internship will help me reach my career goals. I want to become a Police Officer in New York City and eventually become a Police Academy Instructor. Learning how to work with people and teach them how to exercise will help me learn the skills I need to become a physical fitness instructor for the police officers. My internship is excellent. I absolutely love working with the patients, and the nurses I work with are very nice to work with. They make me feel very comfortable especially trying new things in the work place. They always help me with anything I need and are always willing to see how far I can go in relation to this field.

I have not been offered a position, but I would consider assisting in the hospital. I really enjoy my job in the cardiac rehab clinic that I would offer to work there again until I graduate. I would recommend this internship to anyone who is looking for one. I have already mentioned it several times to over a dozen people who are looking for an internship related to exercise science.

In regards to other students doing an internship, I would tell them to not rush into making a decision. Make as many phone calls and schedule as many interviews as you can so you can

really find an internship that you will really enjoy. I already have recommended that students go to the CDO Office to get some ideas for internships and to build your resume. I just tell other students that you want to get into an internship where you are very involved, not just going on coffee runs. In my internship, I get to help people feel better about their health and their lives. Its one of the greatest experiences and I am never going to forget my time at Brooks Memorial Hospital.