

WORK EXPERIENCE ::

Hands On Health

The Hands On Health Program has merely been a week of insight into the healthcare industry. It has been a week of self-extension and discovery, excitement and thrill of trying new things and a wholesome feeling at the end of each day, knowing I used my week of Work Experience the best way I could have. There have been many motivating factors for me that went into choosing Hands on Health, such as my desire to challenge myself and to also get a taste of the collaborative and exciting components of medicine, that in the end, gives rise to an extremely rewarding career. I have been lucky enough to have this frame of mind heightened, through my time with Hands on Health.

One of the fundamental propellers to get into the program was my will to extend myself. Strong problem solving and critical thinking, or an overall ability to tackle an intellectual challenge, I believe are essential in this industry and these are skills I pride myself in having. Doing activities such as ward-rounds while taking patient histories, clinical skills such as suturing or conducting blood tests, or even the skill-building workshops have challenged me in different ways. However, they have been challenges that I have thoroughly enjoyed and benefitted from, as they only added to my understanding of this as a career. Other challenges I was presented with during the week have been as subtle as the independence factor, even navigating through the hospital correctly. As a Year 10 student, I felt really satisfied and proud with the efforts that I took to maximise my experience, however many challenges it meant I had to encounter to benefit from.

In addition to this, I have discovered that my character and personality is very fitting to this type of environment. Previously, I was under the impression that working in this type of industry, or even studying medicine, took a degree of conforming to routine and might dull out one's personality. I was enlightened almost immediately by the extremely cheerful and enthusiastic medical students we had the privilege to interact with, and also the doctors, nurses and allied health professionals we got to meet along the way. My character has a primary component of a sense of humour, fun and curiosity and I got to see for myself that these characteristics definitely come into play while at the hospital working or studying. It was such an amazing feeling to be able to speak with professionals and students who keep proving that there are no set boundaries within such an industry in terms of personality. One can be whoever it is they want to be, and they'll meet a huge number of people with equally unique personalities. Seeing this was one of the best things I got out of this whole experience.

Lastly and on a more personal note, healthcare is something I have been exposed to from a very young age. Youth can be a highly impressionable time for an individual and it has been so on me in this aspect. The affect of people I am close to, being overcome by certain illnesses or health-related complications, has opened up my eyes majorly to how essential this serves as a component in society. From auto-immune diseases affecting my own relatives, to lower-scale complications such as a

minor injury to the foot, these have all had the attention of some person within this industry, and accordingly treated. This has been something I am beyond thankful and fortunate for, after seeing own loved-ones go through their needed treatment. They have been looked after whether it be by a neurosurgeon treating an aneurysm, or a physio-therapist treating a bad shoulder. It has definitely played an integral part in my will to essentially give back. My thoughts and mentality have also been revealed to myself through the lives of strangers as I went on my ward-rounds and got to chat with people from all walks of lives, admitted in the hospital for innumerable reasons, being in the care of nurses and doctors and every single person in between that provides their service. Even speaking to the medical students, getting to know their stories, has broadened my horizons a lot and in a way altered my outlook on life and the power of medicine.

This experience has been so excitingly rewarding to say the least and has completely altered my perspective and aspirations to work in the medical field, for the better. I am so thankful to Monash Health and the team at Dandenong Hospital for making this week a dream-come-true.