

杜克實習獎學金 學生心得報告

作者：陽明大學李鈺玲

< Infectious Disease Consult Service >

My first rotation was with inpatient infectious disease consult service. From the very first day, they treated me as an active member on the team. I worked with attending Dr. Gary Cox, fellow Dr. Erika Lease, intern Dr. Megan Brooks and physician assistant Jill Duffy. They were all extremely kind and possessed an abundant wealth of knowledge. A typical day consisted of rounding with Dr. Brooks at 7:40am and then reporting back to the so-called “Bunker” (the resident’s computer cluster/hideout work area) to discuss any new findings or changes with Dr. Lease. Afterwards, we would head out and start seeing and working-up consults all over the hospital. We would individually see patients and then meet up again in the afternoon to present them to the entire team during rounds. Once we discussed the patient’s situation and mutually agreed on a

plan, we would then go in and talk to the patient. On certain days, I was able to participate in micro rounds in which medical students and interns went to the microbiology lab where we would be described a clinical case and then have the opportunity to look at different microscopic slides. On other days, we would attend conferences at the Hanes building where very interesting cases would be presented and discussed.

Perhaps what I found most exciting about being on the consult team was being able to see and work with a wide variety of patients with vastly different underlying problems. From Mr. DM, a gentle, elderly man with myelodysplastic syndrome who suddenly noted progressively enlarging and erythematous masses under his bilateral armpits to Mr. LF a very humorous young Clemson graduate with psoriasis who developed endocarditis (this was my first time seeing Osler’s nodes, Roth’s spots and Janeway lesions); from Mr. BM, a reticent diabetic patient with severe osteomyelitis who eventually underwent below-knee amputation to Mrs. AB, a vivacious, bubbly Christian woman with an infected left arm arteriovenous graft. My absolute favorite was an elderly lady, Mrs. SL, who had just undergone the Whipple procedure and had persistent fever and bacteremia. Although over 70-years-old and having just undergone a major operation, she was still as sharp as a needle. After spending time chatting with her and her husband, I found out she was Duke Class of 1963 and had majored in literature and East Asian Studies! Of course from then on, we had a lot to talk about, especially regarding our love for Duke Basketball! Of even more coincidence was that her husband had visited Taiwan before and greatly enjoyed it.

Even after I changed rotations, I would often go visit her in my spare time and it was such a nice feeling to see her eyes light up when I walked into the room. It's a feeling that words cannot possibly describe! In any case, each day was a new adventure in itself to say the least! I was able to take histories, perform physical examinations by myself and then report back to the team during the rounds during which I would be able to make an assessment and formulate a plan.

During this time, we would also discuss different topics. Dr. Cox always kept things interesting by asking questions such as, "So, Amy, what do you think of this?", "What antibiotics do you want to use for this patient and why?", "What bugs do you think this patient has and where did they come from?", "If you had a wound and stepped in freshwater or saltwater, what would you be worried about", "If you sat in the hot-tub and then developed pneumonia-like symptoms, what do you need think about?" Perhaps the one question that I remember the most was "What do you think of fecal transplantation for your patient with pseudomembranous colitis? Would you want to eat your parent's feces? And what kind of infectious would you be worried about with fecal transplantation?"(as you can imagine, this certainly generated a lot of laughter and amusing debating!)

In some cases where things were not so straightforward, we often spent time creatively thinking and coming up with different possibilities.

Moreover, I was able to spend time at Dr. Cox's outpatient clinic, which mainly catered to HIV-infected patients who came in for regular follow-ups every few months. From the very first day at clinic, Dr. Cox allowed me to see patients on my own and to discuss any interval changes, and this was all without any rush or pressure. Most of these patients were of lower socioeconomic status, but they were from all walks of life with unique stories to tell. One woman from Germany was infected by her boyfriend who was a chronic drug abuser. She eventually left Germany and came to America and became an advocate and spokesperson for patients with HIV. One extremely kind African-American gentleman who had been infected by a partner started his own home-maintenance company and used his savings to travel all over the world. Another pleasant young Mexican man, also infected by a partner, was a hairdresser at a local mall and he offered to give us haircuts! Through interacting with them, I was able to see and hear how their disease affected and changed their lives, what difficulties and obstacles they faced, and how each attempted to manage one day at a time in his or her own ways. All-in-all, this was an incredible patient-care experience on the wards and in the clinics which served as a wonderful venue for learning and refining clinical skills in the evaluation and management of infectious diseases.

< Cardiology Consult Service >

My second stop at Duke was working with the inpatient cardiology consult team. I was very eager and excited because Duke Cardiology is world-renowned with internationally recognized physicians. We worked with three different attendings (Dr. Tricocci, Dr. Stiber and Dr. Kontos), a resident (Dr. Breathette) and two interns (Dr. Bergen and Dr. Owens) during these three weeks. Each certainly had their own style and flair! In addition to working with patients in the wards, we also spent a lot of time in the Emergency Department as many patients came in each day with chest pain and shortness of breath. Each attending had their own specialty and research areas, and they would often sit down with us to discuss different topics, treatment options and new clinical trials and results. They also spent time teaching us how to look at echocardiograms and cardiac MRI's which was very fascinating (in particular, the images from cardiac MRI's were simply breathtaking)!

In addition to consultations, we also had the opportunity to take classes using Harvey. Dr. Crowley met with us every Tuesday and Thursday morning at 7am to teach us about evaluating patients. She emphasized that even without a stethoscope, we could still learn a great deal simply by using our eyes and hands. After her lesson, we would then watch a video on different topics that first gave a clinical picture and allowed us to follow along and use Harvey in conjunction. The Harvey room was always left open during the day so that we could practice on our own during our free times, which was very generous! Finally, we also worked with Dr. Greenfield, a well-known expert in cardiology and literally a high-speed and meticulous "EKG-reading-machine"!

Every Monday, Wednesday and Friday, we headed over to the VA hospital across the street to individually read stacks of EKGs. Dr. Greenfield would then come over and have us read and explain the EKGs to him. It was absolutely astounding to see how much detail and information he could glean from a piece of paper, and it certainly showed us that we missed a great deal and needed to be much more

observant. Overall, I very much enjoyed my time in Cardiology as it integrated interesting and practical lectures, wonderful didactic instruction and active, hand-on approaches.

< Pediatric Allergy and Immunology >

This was by far my favorite rotation simply because I love interacting with children! I worked with a different attending in the outpatient clinic at the Duke Children's Center each day – Dr. Roberts on Mondays, Dr. Burks on Tuesdays, Dr. Vickery on Wednesdays, Dr. Buckley on Thursdays and Dr. Chan on Fridays. I also worked with two wonderful fellows, Dr. Wu and Dr. Boden, and a wonderful team of experienced nurse practitioners. Of note, it was not until the middle of my rotation that I realized

that I was working with world-renowned pediatricians Dr. Rebecca Buckley and Dr. Wesley Burks. They were just so down-to-earth and friendly that I never would have guessed. I only started to figure it out when I saw patients from all over the United States and around the world coming to see them!

As in the previous months, I was again going to see patients, both new and old, on my own and reporting back to the attending with my findings, assessments and plans. What was different though was that many of my patients this time around were babies or little kids who might not necessarily sit down or cooperate and who might cry at any given moment. I found this to be a wonderful challenge and I loved trying different methods to interact with them or distracting them just so I could sneak a peek in their ears, nose and mouth. Of note, I also had the opportunity to use the Spanish I learned in middle and high school because there is a large Spanish-speaking community around Duke. Although I haven't spoken Spanish since I graduated from high school, it was a pleasant surprise to find that I could still understand and communicate, albeit using "Spanglish," to the extent of being able to take a history and ask questions! Cultural competence allows for an enlightened examination and is crucial in our increasingly diverse and multi-cultural surroundings.

As I was working in an allergy and immunology clinic, most of the patients came due to problems with food allergies (peanuts, milk, eggs, seafood etc), seasonal allergies, asthma, dermatitis or chronic rhinitis. As I was fully immersed in the outpatient clinic, I quickly learned key questions to ask, what to look out for in the physical examination, how and when to perform skin prick tests and food challenges, what labs to order and how to logically analyze data. In particular, I learned a great deal about peanut allergies from Dr. Burks who is one of the world's leaders in the field of food hypersensitivity and conducts research in regards to immune therapy for food allergies.

I also had the chance to work with Dr. Buckley who is known all over the world for her work with children with immunodeficiencies. Therefore, I was very fortunate to see many children with severe combined immunodeficiency (SCID, otherwise known as "bubble boy disease"), common variable immunodeficiency (CVID), chronic granulomatous disease (CGD), DiGeorge syndrome, CHARGE syndrome, cartilage-hair hypoplasia, and others. Dr. Buckley has a remarkable success rate with bone marrow transplantation for babies with SCID which enables a significant number of them to develop normal immune systems, and she does so usually without pre-transplantation chemotherapy or GVHD prophylaxis. We were actually able to witness the harvesting for one of the patients who was to undergo a bone marrow transplant. In any case, Dr. Buckley kindly shared much of her knowledge and

experience with us, both in research and clinically. Although almost 80-years-old, she is still incredibly sharp and witty and clearly loves what she is doing, which was very inspiring and motivating!

Without a doubt, the entire pediatric team – from the attendings to the fellows to the nurses – taught me a great deal not only about allergy and immunology, but also about working with babies, children and adolescents. I loved every moment in the clinic and it was wonderful to hear words of praise and encouragement from the parents of my patients. A number of parents told me that they hoped that I would go into pediatrics and work at Duke because they wanted to see me again the next time they came to clinic – this indeed touched my heart. Sometimes it's the little joys in life that make what you do so special and worthwhile, and I think people can certainly see that joy in your eyes and in your smile.

I am very grateful for having these three months at Duke. It is an experience that has certainly changed who I am and will help mold me into the person I will become. And it is an experience that will always hold a very special place in my heart. My time at Duke has further opened my eyes and confirmed my ideas about future career paths. I now hold even tighter to my own beliefs, values and hopes so that they will not be easily shaken by my changing surroundings. As Ralph Waldo Emerson once said, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." I would just like to end with something that one of the attendings, Dr. Vickery, wrote to me in an email: "Just remember, if you do what you love (whatever that is), you'll never work a day in your life."