**FM rotation in CItimed**

The Family Medicine Rotation in Citimed was an amazing experience because I got to see a different aspect of medicine, as most of the patients were there for follow-up S/P a work injury. The first day at my site was challenging because I was struggling with the ROM angulation determination. I never really worked with a work compensation patient and that was a new aspect of PA life I got introduced to. However, my preceptor, Laura, was patient to guide me through the physical examination process, which made it easy to follow. By the second day of my rotation, I felt a valuable member of the team because I was seeing Laura’s patient by myself. After seeing the patient, I presented the patient information to Laura, which was another learning moment of how to present the information effectively to a preceptor.

My experience at this site was excellent because the staff members and my preceptor were very welcoming and helpful to make me feel an important member. Laura, is an amazing, kind, understanding, and patient teacher, who guided me to see patients and practice procedures. I am really glad that Laura was my preceptor because she taught me ways I can improve my procedure skills. I was able to practice multiple procedures such as IM shot, PPD, X-ray interpretation, suture, buddy tape,wound care, and splinting. I never practiced IM shots before so it was a great place to learn and I think I got enough practice to administer IM medication confidently in the future. Additionally, Laura allowed me to write HPI, which was a great way to learn and then she provided feedback on how I can improve my HPI in the future. It was just a pleasure working with her as she was willing to teach until I felt confident doing the procedure. I consider myself lucky that I was placed at the site and got a chance to learn from Laura.

Overall, I loved the rotation but I wish I got to see patients other than work compensation because DDX is still my weakness which could have been improved if I had patients with a variety of complaints. However, I did encounter a lot of DOT physicals which was a great way to practice my physical examination process. Most of the DOT physical finding was normal and that will help to spot abnormal finding in the future. I also encounter quite a few initial patients including compartment syndrome, third degree burn, lacerations, fracture, strains, sprains and contusions. I tried to learn as much as possible and tried to expose myself to all available new information and procedures.