LTC is my third clinical rotation place. I love it because I have not only learnt clinical knowledge in this place, but also I learnt how to write different types of clinical notes and make different types of clinical orders and consultations.

My working schedule in the VA long term care center is totally different from that in the hospital. Firstly, I daily working schedule is fixed. It is from 8:30 am to 4:30 pm, not as crazy as that in the surgery department. Secondly, my working place in LTC is in the ADHC office in the afternoon. I write notes and take care of different inpatients upstairs and outpatients in ADHC program downstairs. In the morning, I usually work in different clinics, including dermatology, vascular surgery, ophthalmology, urology, podiatric and blood drawing unit. I was assigned to different clinics and got different experiences. In general, in the afternoon, I was assigned for different patients for H&R and routine check-up. In the morning, I was assigned for different procedures in different clinics.

In my rotation, most of my patients are elderly veterans with ages of 70s-90s. The care is different from that in hospitals. I learnt how to manage the different geriatric and psychological conditions. For example, most of my patients have some psychological disorders, such as Alzheimer's disease, Parkinson's disease, PTSD, and depression. I learnt how to get H&P from them and how to deal with mental disorders. Besides mental disorders, physical disorders are very common in my patients. Many patients have difficulty in movement, need help in ADLs, and have incontinence, or eye, ear, skin and feet problems. I learnt how to help and manage their conditions. For example, I learnt how to change diapers for them. They are very new and helpful experiences. In addition, I learnt how to write different types of notes, such as monthly notes, annual notes, inpatient initation notes, progress notes, inpatient transfer notes, Geri notes and ADHC clinic notes. Importantly, I learnt how to order new labs, imaging tests, medications and consultations.

In my rotation, I realized my problems. I need to practice more about realizing patients' concerns and talking with them. For example, Mr. L. wanted to go out to meet with his daughter who lived far away. But due to his high risk of fall, his request was denied. When I told him our decision, I did not realize that he was very upset and sad. Few days later, I heard that he cried all the day. I did not realize that he just lost one of few chances to meet with his daughter privately in his remaining life. I thought it over later and there might be some better choices. With consultation of our legal service, we could let him sign the paper to show that he understood all the risks and would like to be responsible for his own activities. In my future rotations, I will pay more attention to patients concerns, watch related videos online and learn more related knowlegde.

