

Care internship supervision of a first-year medicine student

The healthcare internship is an intensive introduction to patient care and institutional health care for the first-year medical student at the University of Groningen. During the internship, the student works ten days with the nursing or nursing staff of a ward in a hospital or nursing home on a full-time basis. The student works at the level of a nursing student doing an orientation internship.

The care internship is an intensive introduction to patient care and institutional healthcare for the first-year medical student at the University of Groningen. The main objective of the care internship is to get acquainted with patients and with healthcare. The intention is for the student to shadow caregivers or nurses (rather than physician/specialist). This is important for understanding care as a whole and developing as a medical professional. The healthcare internship is housed in the Professional Development learning Pathway of the Bachelor of Medicine and is supervised from pathway line by their coach (a physician).

During the internship, the student works 10 days with the nursing or nursing staff of a unit in a hospital or nursing home on a full-time basis. The student works at the level of a nursing student doing an exploratory internship. The student's immediate internship supervisor is a nurse or caregiver. This supervisor is primarily responsible for supervising the student during the two weeks, conducting the initial interview and completing the assessment after the internship period.

Preparation of the care internship

The student is prepared for the healthcare internship in several ways. During the meetings with the coach, attention was paid to making an internship plan. Lessons also covered topics such as vulnerability, patient autonomy and professionalism. During the mandatory practical lesson, students are challenged about their expectations of care and what it is like to be at a bedside. Practical information for students is compiled in the manual care internship (student).

During their studies, specific attention is paid to developing professional behavior. The internship provides a good opportunity to also demonstrate this in practice and receive feedback from you. The student can mirror their own behavior to professional caregivers and experience in practice how patients react to it.

Start of the internship

The student has prepared internship plan in which they describe their goals and expectations of the internship. Based on this, mutual wishes and expectations can be discussed. We ask you as internship supervisor to discuss this internship plan with the student on the first internship day during a starting interview. In addition, during this interview, you discuss what the expectations of the organization are regarding the student and the internship, what agreements are made about attendance and what freedoms in terms of actions the student has. It is also important to go through the assessment list (at the back of the manual for students and in this document) with each other so that it is clear on which points the student will be assessed by you.

It is also recommended to immediately schedule an appointment for the final interview, in which, among other things, the written internship report will be discussed. The student may spend up to half an hour daily on the internship report.

Contents of the internship

The intent of the internship is for the student to be involved in and participate in all common care acts where possible. The care internship is a first introduction to the practice of health care for the student, and it must be assumed that they have no experience with care acts. What actions are possible during the internship depends on the context of the care act and is up to the internship supervisor to assess. Only by order of the internship supervisor or his/her colleague may students perform tasks (semi-)independently, provided the student considers themselves capable of doing so.

The student's learning experiences during the internship are in several areas:

- Practical skills: performing simple, everyday care acts such as washing, lifting or mobilizing and to do so in a careful manner.
- Learning to observe a body and deal with one's own feelings while beholding, touching and caring for a patient's or client's body.
- Communication skills: building and maintaining relationships with the patient (making small talk, showing interest); basic communication skills, developing and showing empathy.
- Understanding the patient perspective: what does it mean to be a patient? What does it mean to be sick or dependent?
- Understanding the work of the caregiver & collegiality: interacting (respectfully) with colleagues in the department, experiencing different perspectives of caregivers.
- The student is additionally asked to follow 1 patient more intensively, to go along to treatments and examinations if possible and to conduct an in-depth interview with them.

Final interview and assessment

During the final interview, you will look back on the internship with the student. The student submits an internship report which you indicate whether this conforms to reality. The competencies that will be assessed are: (1) professionalism, (2) leadership and (3) communication and the specific learning objectives can be found in appendix 1 (these are also included in the student manual care internship).

We ask you to give feedback for each competency and describe what went well and what could be improved, giving a grade **for each** competency (i.e. you give 3 grades in total). We base the grades on the diagram below:

| | | | | | | |
|-------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|
| 4 Student functions heavily below expectation, very worrying. | 5 Student functions below expectations, cause for concern. | 6 Student functions below expectations, but just enough. | 7 Student functions as expected | 8 Student functions beyond expectations | 9 Student functions well beyond expectations | 10 Student functions brilliantly, exceptionally |
|-------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|

Steps in the assessment process:

- The student requests the email address of the work supervisor who will handle the final assessment.
- The work supervisor receives an assessment request (from Scorion) via email, which includes a link that will open the form. In the form the learning objectives are mentioned again, and the student's internship report is attached.

- Interim saving and (re)opening of the form is possible. To do so, use the "Save" button at the bottom of the form.
- When the form is filled out and the final interview with the student has taken place, the form can be validated using the button "validate and finalize". Then no more changes are possible, and the assessment is sent in automatically.

Contact

If you have any questions or concerns, please reach out per email to: zorgstage@umcg.nl

Appendix 1 – Assessment form care internship

Below you will find the learning objectives for this care internship, they are included in the Scorpion form that will be sent to you by the student.

| B1 2.01a PD CARE CLERKSHIP | |
|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| COMPETENCY DOMAIN PROFESSIONALISM | |
| De student: | |
| | <ul style="list-style-type: none">• shows enthusiasm• is critical of their own actions and functioning• is reliable and keeps promises• is present all days of the internship• maintains a neat appearance• adopts a collegial attitude towards colleagues• adheres to the rules of privacy and confidentiality during the internship• refrains from actions legally incompatible with the position of an intern• does not carry out any activities without consultation of the work supervisor |
| COMPETENCY DOMAIN LEADERSHIP | |
| The student: | |
| | <ul style="list-style-type: none">• sets attainable and relevant learning goals (clerkship plan)• is open to feedback from others, asks follow-up questions and does not go on the defensive• if necessary, can adjust behaviour based on feedback• initiates and is respectful and correct in their interview with a patient or client |
| COMPETENCY DOMAIN COMMUNICATION | |
| The student: | |
| | <ul style="list-style-type: none">• communicates openly with patient, client and colleague• is receptive to the stories of patient, client and colleague• is polite and respectful to patient, client and colleague• shows empathy to patient, client and colleague• adjusts their communication skills to the specific situation of the conversation partner• shows understanding and attention for the feelings of patients, clients and colleagues |