



MY FIRST PRACTICE

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Annotation. *This article describes the personal experience, observations, and stages of professional development of a medical student during his first internship in a children's hospital. The article presents preparation for internship, the first day in the hospital, the specifics of communicating with children, lessons learned from the work of doctors and nurses, difficult situations and emotional experiences, as well as conclusions and recommendations on the results of the internship. The article can be a useful resource for medical students and young professionals.*

Keywords. *children's hospital, internship, pediatrics, medical student, first experience, doctor's ethics, communication with children.*

Annotatsiya. *Ushbu maqolada tibbiyot instituti talabasining bolalar kasalxonasida o'tgan birinchi amaliyoti davomidagi shaxsiy tajribasi, kuzatishlari va kasbiy yetilish bosqichlari yoritilgan. Maqolada amaliyotga tayyorgarlik, kasalxonadagi birinchi kun, bolalar bilan muloqot qilishning o'ziga xosliklari, shifokorlar va hamshiralar ishidan olingan saboqlar, qiyin vaziyatlar va hissiy kechinmalar, shuningdek, amaliyot yakunlari bo'yicha xulosa va tavsiyalar keltirilgan. Maqola tibbiyot talabalari va yosh mutaxassislar uchun foydali manba bo'lishi mumkin.*

Kalit so'zlar. *bolalar kasalxonasi, amaliyot, pediatriya, tibbiyot talabasi, birinchi tajriba, shifokor etikasi, bolalar bilan muloqot.*



***Аннотация.** В данной статье описывается личный опыт, наблюдения и этапы профессионального развития студента-медика во время его первой интернатуры в детской больнице. В статье представлены подготовка к интернатуре, первый день в больнице, особенности общения с детьми, уроки, извлеченные из работы врачей и медсестер, сложные ситуации и эмоциональные переживания, а также выводы и рекомендации по результатам интернатуры. Статья может быть полезным ресурсом для студентов-медиков и молодых специалистов.*

***Ключевые слова.** детская больница, интернатура, педиатрия, студент-медик, первый опыт, врачебная этика, общение с детьми.*

As a first-year student of the Faculty of Medicine, Pediatrics, Karshi State University, the biggest dream and concern for me at the same time was the day when my first internship began. The fact that the Central Children's Hospital in Bukhara was selected as the place of internship aroused a special sense of responsibility. After all, working with adults is not easy, but children are a separate world, and the process of communicating with them and treating them requires a unique approach.

Pediatrics is a field that requires not only treating diseases, but also taking into account the child's mental state, family environment, and age-appropriate psychological characteristics. That is why I was very excited and interested on the eve of my first internship.

A week before the start of the internship, I began to review all the main topics in pediatrics. Neonatology, infectious diseases of children, diseases of the digestive system, pathologies of the respiratory and cardiovascular systems - all this had to be remembered. Textbooks, summaries, video lectures - everything was put to use.

However, in addition to theoretical knowledge, the main questions that tormented me were:

- How to communicate with children correctly?
- What if I forget something important?
- How to behave when seeing a seriously ill child?
- How will doctors and nurses perceive me?



Although these questions kept me awake at night, one phrase from our internship manager calmed me down: "Internship is not for making mistakes, but for learning. You are not required to have perfect knowledge yet, only honesty, hard work and a desire to learn are required."

The first day of internship began at 8:00 in the morning. I was met by a senior assistant doctor (resident). Her name was Dilbar - a constant smile on her face, but at the same time a strict and demanding doctor. He showed me the ward: wards, treatment rooms, a small operating room, an observation room and a staff room. There were about 30 children in the ward, most of whom were hospitalized with pneumonia, bronchitis, otitis media and gastrointestinal diseases.

My first task was to check the morning condition of all the children in the ward and report to the senior doctor. This was a very responsible task.

During the day, I examined several children. Each required an individual approach:

- a one-year-old baby - cried and pushed the stethoscope;
- a 10-year-old teenager - was silent, a little timid, but answered questions clearly;
- a 4-year-old child - very active, wanted to play with me.

For the first time in the hospital, I saw how harmoniously and responsibly doctors and nurses work. The morning 15-minute conference was the most interesting part. All the changes that occurred during the night, newly admitted and discharged children, serious cases were discussed, and a plan was drawn up for each patient.

Sister Dilbar taught me to fill out each child's medical history, analyze test results, and read X-ray and ECG images. According to her, "A pediatrician treats a patient with the whole family." Because a child's illness is often associated with the family environment, parental anxiety, and improper care.

One of the most vivid lessons was the art of providing the patient's mother with the right information. One day, a mother was very worried and complained that her child's temperature was not coming down. Sister Dilbar explained to her that she



needed to be patient, that fever was a protective reaction of the body, and that giving the wrong medicine could be harmful. In an easy, simple, and convincing way. These words became an example for me.

On the third day of the operation, an incident occurred: a 2-year-old boy was brought to the ward in a very serious condition. He was admitted with acute pneumonia and respiratory failure. The child's lips were blue, and he was having difficulty breathing. The whole team - doctors, nurses, intensive care specialists - immediately came into action. And I stood on the sidelines, trying to do something to help, but a feeling of fear and hopelessness seized me. That day I realized the difficult side of medicine - that not everything always goes the way we want. The boy struggled for several hours, but then it was decided to transfer him to intensive care. Fortunately, after two days his condition stabilized and he returned to the ward. That incident deeply moved me. But Sister Dilbar told me: "If one day you get used to the pain and suffering of a patient, then you have lost your heart as a doctor. Always be compassionate, but don't cry and stop working. Be patient and fight."

During the internship, I mastered the following important practical skills:

1. Methods of examining children - auscultation (listening), percussion (beating), palpation (feeling). This is very difficult for young children, because they are mobile and afraid.
2. Intravenous drip (infusion) - my hands were shaking the first time I did it, but later I gained confidence.
3. Minor surgical procedures - wound cleaning, bandaging, injections.
4. Laboratory and instrumental analyzes - general blood test, biochemical analysis, ECG, reading X-rays.
5. Filling out a patient's history and maintaining medical records is one of the most important parts of medicine.

After each successfully completed procedure, I felt like I had won a small victory.



During the internship, I learned not only to treat children, but also to communicate with them in a simple human way. During the lunch break, I played board games with some of the children, read to them, or helped them draw.

There were a number of difficulties during the internship:

- Sleepless nights – sometimes I had to work up to 24 hours on the evening shift.
- Working with documents – a lot of paperwork, time-consuming work.
- The strictness of some doctors – some senior doctors were impatient with the students.
- Language and communication barriers – inability to adapt to the different age and psychological characteristics of the children.

The following helped me overcome these difficulties:

- Establishing friendly relations with the team.
- Not being shy about asking senior doctors for advice.
- Admitting my mistakes and analyzing them.
- Taking time to rest (even 10 minutes).

By the end of the month-long internship, I felt like a completely different person. I realized the following:

1. Pediatrics is a calling. Working with children is very difficult, but very rewarding and noble.
2. There is a big difference between theory and practice. Applying what you read in a textbook in real life is another.
3. Patience and empathy are the most important weapons of a doctor. Without them, no knowledge will help.
4. Teamwork is the key to success. Doctors, nurses, laboratory technicians, kitchen staff are all links in the same chain.
5. Learning never ends. Every new day, every new patient teaches you something new.

Based on my experience, I recommend the following to future students entering practice:



- Don't be afraid! Everyone starts for the first time. Making mistakes is part of growing up.

- Don't be afraid to ask questions. There are no "stupid" questions, only unanswered ones.

- Treat patients and their families with respect. They trust you.

- Keep a practice diary. Write down interesting and important events every day. This will help you in your further studies.

- Take time to rest. Otherwise, you will quickly lose your "side" and motivation.

- Be friends with nurses. They can teach you a lot.

- Appreciate every small achievement. The first time you prick a needle in a vein, the first time you make a correct diagnosis - all this is important.

Conclusion: My first practice ended in a children's hospital. During this month, I learned a lot - diseases and methods of treatment, child psychology, medical ethics, patience and empathy, responsibility. But most importantly, I strengthened my love for my profession. Working in a children's hospital is a difficult, but so noble job that anyone who puts their heart into it will never regret it. I now know for sure: pediatrics is my path. And the first, memorable step on this path was my first internship. With this confidence, I completed my internship and am ready for the next stage - independent work.

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