

INTERNSHIP EXPERIENCE

As part of the academic requirements of my undergraduate degree under Gawuhati University, I was required to undertake a one-month internship. I was fortunate to get the opportunity to complete my internship in the **Palliative Care Department of Baptist Christian Hospital**.

This report provides a comprehensive overview of my internship experience, highlighting the tasks I performed, the knowledge I gained, and the practical exposure I received while engaging with patients and their families.

During my internship at the Palliative Care Department, I was able to apply the theoretical knowledge from my academic studies to real-world situations. My role as a student intern allowed me to engage in several meaningful activities that enhanced my understanding of patient care, healthcare delivery, and home-visit operations.



Key Activities and Responsibilities

- **Conducting basic health assessments** and gathering relevant data during patient interactions.
- **Observing family dynamics and environmental factors** affecting the well-being of patients.
- **Educating patients** on health practices, medication, and available support services.
- **Coordinating with my supervisor and other healthcare professionals** to address specific client needs.
- **Observing household conditions**, including sanitation facilities, water storage practices, waste disposal methods, and kitchen hygiene, and identifying areas needing improvement.

Home Visits

- One of the most valuable parts of my internship was participating in **home visits**. These visits provided me with deep insights into patients' living conditions, family struggles, and their access to healthcare and social resources.
- I had the opportunity to observe and learn under the guidance of my supervisor, who was always approachable and supportive. Their warm demeanor and open communication style made it easy for me to ask questions and seek guidance without hesitation. One of the most memorable moments was sharing tiffin with the staff during breaks, which created a relaxed environment and strengthened our bond.



Case Example: Patient Introduction

- During a home visit, the staff introduced me to Mrs. X, a palliative care patient. She lives in a nuclear family with her husband and daughter. Her husband is a daily wage worker, while she is unable to work due to health issues. Their daughter is a student.
- The family is financially unstable and currently waiting for a government-provided house. Despite their struggles and signs of psychological distress, they remain thankful to God. I visited their home twice, offered them encouragement, and discussed possible solutions to their problems.
- This experience helped me understand not only the medical but also the **social challenges** patients face—ranging from healthcare issues to hygiene, financial struggles, and psychological well-being.

Learnings and Reflections

- My internship was both **insightful and meaningful**.
- I gained practical exposure to patient care and palliative care services.
- A deeper understanding of the **importance of empathy, communication, and cultural sensitivity** in healthcare.
- First-hand knowledge of the **social and economic struggles** faced by patients and their families.
- Improved communication, observation, and interpersonal skills.

Mary Paul Dungdung

— B.A Sociology 5th Semester , Darrang College, Tezpur

