

The COPE Health Scholar program at Swedish Medical Center offered me the amazing opportunity to learn first hand about the patient care experience from a unique position. As a Health Scholar, I was able to engage in many of the activities a Certified Nursing Assistant may perform such as positioning patients, cleaning patients and their rooms, as well as bringing them items of comfort and food. However, due to the limits of what I could do, much of my time was spent simply talking with patients and helping them get enrichment from social contact. I was able to hear stories about their experiences and tailor my care to their specific needs. This intro into consistent interactions in the medical setting allowed for application of ideas surrounding contextual medicine that I fostered in class and in personal experience. While shifting for 8 hours per week was relatively intensive, the experience was indispensable in shaping my future as a provider.