

## WHY THIS PROGRAM?

### PATIENT-CENTERED CARE

Mediclinic City Hospital ensures the smoothest and most comfortable experience for all its oncology patients. We were impressed by the nursing staff's bedside manner; they showed immense empathy for their patients' battles. The way they conversed and laughed with their patients as they installed cannulas with exceptional skill helped uplift the patients' mood when they were in their most vulnerable state. Witnessing that as medical students was valuable as it gave us a glimpse into what we should expect out of ourselves in the upcoming clinical years.

### THE GAME CHANGERS OF CANCER THERAPY

Through patient interaction, it became apparent that the use of immunotherapy and targeted therapy drugs in adjunct to chemotherapy in treating breast cancer significantly improved quality of care and remission. Additionally, the use of novel radiotherapy options like Stereotactic Body Radiation Therapy (SBRT) have contributed to reduced side effects and greater patient satisfaction. Seeing such game-changing technologies up close has inspired us to be part of improving the ever-evolving field of medicine through innovative treatment options as future healthcare professionals.

### NUTRITION

Mediclinic has an impressive approach to cancer treatment that includes focusing on nutrition as led by their skilled nutritionist, Dr. Maitha. Our meeting with her opened our eyes to how important nutrition is for cancer patients. Her insights highlighted the importance of nourishing the body to support both the immune system and the body's ability to tolerate treatments. It showed us the crucial role proper nutrition plays in the comprehensive approach to battling cancer, emphasizing that it's not only medical interventions but also the holistic care that ultimately contributes to better patient outcomes. We also found out surprising things, like why cancer patients shouldn't reheat rice, how to clean fruits and veggies properly with vinegar, and why it's better to avoid eating out to stay safe from germs.

#### PROTOCOLS

Before Administration

- Vital Signs - Weight is important for chemotherapy
- Dose calculations - Body Surface Area (BSA) and Area Under Curve (AUC)
- Complete Blood Count (CBC)
- Code Blue - Crash cart for life-threatening emergencies

### SPECIAL THANKS:

Special thanks to Ms. Gladys, Ms. Sindi and the rest of the staff at Mediclinic City Hospital ❤️



### ABOUT THE EXPERIENCE...

"This early clinical exposure provided a unique experience to reinforce theoretical concepts I learned in class and how to blend them all together to help my patients."

"We had been given the opportunity to take history from the cancer patients, and while some patients were quite reserved, we were able to hear their story and take a glance into their world. It felt very worthwhile to talk to them and see how strong and determined they are, which was very memorable."

"Truly an eye-opening experience where you witnessed patients having both strength and vulnerability. Seeing their tenacity and determination to overcome such a challenge left an indelible mark."

