

INTERNSHIP SPOTLIGHT

Faryaal Alam

Graduation Semester & Year: Spring 2020

Semester & Year of Internship: Summer 2019

Major: Biological Sciences

Minor: Healthcare Management

Hometown:

Wexford, PA

Hobbies: Watching movies, Spending time with family and friends, cooking, baking, and doing arts and crafts

Campus Activities: Health and Rehabilitation Science Club, Tri Beta



- **Internship (company/your title):**

Redstone Presbyterian Senior Care/Student Intern

- **How did you find your internship?**

I found my internship through the Internship Flash sent out through the university every week and by talking with Kristen Stratton in Career Services.

- **What were your duties?**

My duties ranged from week to week depending on what department I was with on that given week. Some of the departments that I had rotations in were purchasing and logistics, the skilled nursing facility, health navigation team, Redstone management division, Redstone @ Home division, finance division, human resource division, mission support division, and observing clinical rotations with an occupational therapist and physical therapist.

With the purchasing and logistics division, I assisted the manager with ordering supplies, putting the orders in the system, and assisting in unpackaging new materials that came in. I also kept the inventory neat and in place throughout the rotation.

With the skilled nursing facility, I personally got to see how a team of nurses and personal care aides work in order to provide the best comfort possible to the residents. I got to actively observe the assistant director of nursing with doing patient admissions and office duties as well.

With the health navigation team, I got to assist in paper work and got the valuable opportunity to network and learn from the health navigators in the division.

With the Redstone management division, I got to assist the manager of the Redmont Condominiums execute a meeting. I assisted in looking over the agenda, making copies of the agenda, and distributing the agendas to members at the meeting. I also attended another meeting later that afternoon about corporate communications, which was very insightful.

With the Redstone @ Home division, I got to assist, help, and network with a wide variety of individuals. I got to actively see the payroll process and actively searching and looking up various nursing home regulations. I also got to have valuable conversations and got the chance to network with the staff of the Redstone @ Home division.

With the finance division, I got to actively see and assist in billing patients and their families. I also got the opportunity to learn a wide variety about financial terminology.

(over)

With the human resources division, I got to expand my knowledge about the benefits individuals receive upon employment. I also got to network the manager of the division and see how she actively screens patients for employment.

With the mission support division, I got the opportunity to see how the team works together to gather funds for Redstone. I also got the opportunity to network with the events and communications coordinator at Redstone. Thus, I got to actively see how and what she looks for when planning an event.

When I observed the clinical rotations with the occupational and physical therapist, I got to actively see how therapy plays a part in the residents stay at Redstone. I got to assist in the patient's exercises and actively see the smiles on the resident's face as they overcame obstacles.

- **How many hours per week were you at your internship site?**

I did 5 hours per week at my internship site.

- **What did you enjoy most about your internship?**

The thing I enjoyed most about the internship was the fact that I got to learn so much by being in different parts of Redstone every time I went in. I also enjoyed the aspect of getting the chance to network with everyone and gain valuable insight into the field.

- **What was the most difficult aspect of the internship?**

Overall, I did not find any aspect of the internship difficult. The staff members at Redstone were willing to assist me in any way with my duties!

- **How did your experience at UPG and in the Healthcare Management department prepare you for your internship?**

My Experience in the HealthCare Management department at UPG has helped me tremendously! I applied all the knowledge that I learned in my healthcare management classes.

- **How has your internship prepared you for a career?**

My internship has definitely prepared me for a career. It taught me important skills that are important in any career such as team work, responsibility, and communication.

- **What recommendations do you have for other students about doing an internship?**

I recommend each and every student to do an internship. It is a great opportunity to learn about your chosen field and make connections in that field as well. It also gives you the opportunity to apply knowledge for your classes.

- F.A By checking this box (or initialing next to it) and emailing this document to the campus Internship Coordinator, I give permission to University of Pittsburgh Greensburg to utilize this document along with the photo provided in media publications such as the UPG website, campus bulletin boards, and additional media outlets.*

