

A Day in the Life of a Medical Student

Nepali transcript:

यहाँ अफ्नो final year medical student life को एक दिनको बयान गर्दैछन्।

सनिता: अब धेरै बेर कुरा गर्यौं। अब तुझ्ग्याउनको लागि बाहिर-बहिर भन्छ नि, 'A day in the life of a medical student', त्यस्तै तपाइको एउटा day कस्तो हुन्छ त? बिहानदेखि उठेर साँझसम्मको गतिविधिहरू, highlights of your day जस्तै outline गरिदिनु न।

मोनिता: अब as a medical student अहिले त म छुट्टीमा छु होइन¹, त्यही भएर खासै free नै छुँ। तर medical student भएर college जानुपर्ने दिनहरूमा चाहिँ मेरो अलिकति busy नै हुन्छ hectic schedule। छ बजे मेरो दिन start हुन्छ। सुरुमा चाहिँ दिनको काम यताउती गरिसकपछि सात बजे देखि आठ बजे चाहिँ revision हुन्छ। हिजोको classमा के के पढाइयो, अजको classमा के छ त्यो हेरिन्छ। आठ बजे देखि दस बजेसम्म चाहिँ theory क्लास हुन्छ होइन। त्यसपछि दस बजे देखि बाह्र, दुइ बजेसम्म चाहिँ हाम्रो clinical posting हुन्छ। यो clinical posting दस बजे देखि दुइ बजे भन्नेको त हाम्रो office hours जस्तै पनि हो। बिरामीहरू In-Patient मा अउनेहरू हुन्छ होइन। अनि plus यदि भर्ना भएको बिरामीहरू छ भने round हुने पनि समय यही हो। यति बेलामा चाहिँ हामी सबैभन्दा active हुन्छौं। हामी या त वार्डमा बस्छौं होइन या त Minor Operative Procedure roomहरूमा बस्छौं। या त हामी OPT मा बस्छौं अनि यसरी चाहिँ हामी patientहरूसँग interact गरेर उहाँको समस्याहरू पहिला बुझ्ने होइन। अनि हामी चाहिँ अब patient को Investigation Finding भन्दा पनि patient को समस्या के हो, त्योतिर चाहिँ बढी focus गरेर अब अहिले त हामी उपचार त केही गर्न सक्दैनै तर उहाँलाई के भएको हो हामीले बुझ्न खोज्छौं। अनि वार्डमा पनि दिनकै बिरामीहरूसँग कुराहरू गरेर historyहरू लिएर चाहिँ हरेक दिनको कसरी progress भइराखेको छ, त्यो चाहिँ हेर्छौं। हरेक यसरी case हेरेको हिसाबले हामीले fileमा लेख्नुपर्ने हुन्छ। त्यसपछि फेरि हाम्रो theory class अनि four, चारबजे सम्म चाहिँ यस्तै हुन्छ। कहिले-काहि चाहिँ हप्तामा एकचोटि-दुइचोटि चाहिँ clinical meeting हुन्छ। Clinical meeting मा चाहिँ

¹ The actual meaning of 'Hoina' is 'no'. However, in this case it is used as a filler word, asking for confirmation or just making sure that the listener is following what the speaker is saying.

हाम्रो senior consultantहरू हुनुहुन्छ, Sirहरूले चाहिँ case presentation गर्नु हुन्छ।
यस्तो यस्तो case अलिकति different खालको caseहरू छ भने त्यो case
presentationबाट पनि हामीले धेरै कुराहरू सिक्किराखेको हुन्छ। जस्तै हाम्रो टि.वि².को
बारेमा नयाँ presentationहरू भयो होइन, त्यस्तोहरू सिक्किराखेको हुन्छ। हरेक
department अनुसार हुन्छ यो चाहिँ। अनि चार बजेपछि चाहिँ self-study नै हुन्छ।
अनि library गएर पढिन्छ, या त घरै गएर पढिन्छ।

English translation:

Here, Monita is describing a day in her life as a final year medical student.

Sanita: We have been talking for a while. As an ending, can you describe your typical day, like they say in foreign countries, 'A day in the life of a medical student'? Outline your daily activities and the highlights of your day, from waking up in the morning till night time.

Monita: As a medical student, right now I am on a break, so I am mostly free. But as a medical student, the days I have to go to college are slightly busy [with a] hectic schedule. My day starts at six [o'clock]. After I first finish my daily chores here and there, from seven to eight I do revisions. I go over what was taught in class yesterday, what is in store for today. From eight to ten o'clock we have theory classes. Then from ten to twelve, two we have our clinical posting. The ten to two o'clock clinical posting period is like our office hours. There are sick people coming to the In-Patient [Department]. Plus if there are admitted patients, this is the time to take Rounds. This is the period when we are most active. We sit either in the Ward, or the Minor Operative Procedure Room, or we sit in the OPT and here we interact with patients and first understand their problems. Since we cannot provide treatment yet, we focus on trying to find out the patient's problem rather than performing a patient's Investigation Finding. Then in the Wards as well, we talk to patients on a daily basis, gather their [medical] history and monitor their daily progress. Based on every case we see, we need to make notes on our file. Then again we have theory classes up till four. Sometimes, maybe once or twice a week, we have clinical meetings. At the clinical meetings, we have our senior consultants and professors do case presentations. When there are cases that are a little different, we learn a lot of things from the case presentations. For instance, we have had new presentations about T.B.³, so we keep learning about [new] things. The case presentations are

² T.B. (टि.वि) stands for Tuberculosis. It is a type of disease very common in south-Asia.

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[categorized] according to the departments. Then after four o'clock it is time for self-study. So I go study in the library or go home and study.

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