

Suggestions for a successful rotation at San Antonio Military Medical Center (SAMMC):

1. Wear the correct uniform and wear it well. If you're not sure about proper wear, ASK.
2. Keep hair within regulation.
3. Be on time! (this means 10 minutes early)
4. Be motivated!
5. Have a smile on your face.
6. Take note of interesting facts to read about later.
7. If you use your phone to take notes, make sure it is obvious you're taking notes and not updating your Facebook status or posting a "tweet"!
8. DO NOT take photos, videos, recordings or post ANYTHING on social media!
9. Volunteer, if you have the time.
10. Be professional! Your appearance and behavior does matter.
11. Think before you speak.
12. Treat EVERYONE with respect.
13. Always be truthful, NEVER lie. If you don't know something, or make a mistake – admit it.
14. Complete every assigned task.
15. Be a hard worker. There is always something you can do and someone you can help. Ask!
16. Be ethical. Always do the right thing.
17. Be a critical thinker. This is essential.
18. Be a problem solver.
19. Think proactively.
20. Form a differential diagnoses.
21. Formulate a plan based on your differential.
22. Make treatment suggestions.
23. Read!
24. Read about your rotation before you arrive.
25. Read the notes you take each day.
26. Ask the senior resident or staff for a topic to read about.
27. Be helpful!
28. Help the patients – get them a cup of water, a blanket...
29. Help a medic – move a patient, clean the bed...
30. Help a nurse – with anything they ask! Nurses spend more time with the patients and will know a lot that you do not. Listen to the nurses!
31. Help a medical student – they are your colleagues and members of your team!
32. Be thankful! If you are truly interested in a particular specialty, send a handwritten thank you note after you have completed the rotation.
33. And finally, enjoy yourself. SAMMC is a wonderful facility and a great place to be. Have fun, learn, make friends, make a difference!