

## The Value of Complementary Studies in Hospital Care



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Medical training is not limited to classrooms or books; much of the learning takes place in clinical settings where theory becomes practice, and each patient represents an opportunity for growth. Hospital rotations and clinical clerkships allow students to confront the reality of medical care, understand the importance of clinical studies, and appreciate the role of the medical history in diagnosis and treatment. In this context, the experience I had during my end-of-year vacation provided me with a broader perspective on medicine, illustrating how every detail—from a lab test to informed consent—can significantly impact patient safety and well-being.

During the end-of-year holidays, I had the opportunity to do a hospital internship thanks to one of my university professors, who taught our clinical courses and invited us to accompany him on his rounds. For me, it was a unique experience, as it was the first time I was on my own in a large institution with multiple departments and its own dynamics. This experience allowed me to gain a better understanding of the clinical environment in my region and reinforce knowledge I had already acquired at university through exams, assignments, and presentations.

During consultations, I observed that most patients arrived with the requested tests, which facilitated an accurate diagnosis and appropriate treatment.

However, I also noticed that some patients didn't have the required tests, which forced medical decisions to be postponed until the next appointment. It was then that I realized that tests aren't just simple numbers or statistics, but fundamental tools for both the doctor and the patient.

At school, we're always reminded of the importance of studying, but sometimes, as students, we fail to grasp its true value. When faced with real patients, I realized that tests enable us to confirm diagnostic suspicions, rule out pathologies, and select the safest treatment. Without them, the doctor faces an incomplete picture that can delay care or increase risks.

On the last day of my internship, I had the opportunity to enter an operating room and accompany an anesthesiologist during a biopsy on a patient who was approximately 50 years old. What surprised me was that the patient had no prior tests, since the procedure was performed urgently.

The doctor asked her about her medical history, and the patient mentioned that she had been diabetic for three months, had an enlarged heart (cardiomegaly), and was missing some teeth. The anesthesiologist explained to me the importance of each question and of the informed consent form that the patient and her companion had to sign.

Due to the lack of studies, the doctor had to be very cautious with medications, as many of them directly affect the heart. Additionally, the lack of teeth posed a risk if ventilation was needed, as any loose tooth could obstruct the esophagus. During anesthesia, I observed the patient's blood pressure fluctuate, reaching 149/90 mmHg, which suggested hypertension. Fortunately, the procedure was performed without any serious complications.

This case taught me an invaluable lesson: clinical studies and analyses are essential in any hospital setting, from a consultation to surgery. I realized that behind every result lies vital information that can change the course of medical care and ensure patient safety.

Before this experience, studies seemed to me to be nothing more than numbers and statistics. However, I now understand that each number reflects a person's actual condition and that ignoring it can have serious consequences. The practice allowed me to see how theory translates into clinical decisions and how a lack of information can increase risks.

I also learned the value of the medical history. The doctor showed me that, even without tests, a good interview can provide crucial information to guide care. Asking about past illnesses, habits, and symptoms is a tool that should never be underestimated.

This experience reinforced my commitment as a medical student. It made me aware that it's not enough to memorize concepts or pass exams; you need to understand how every detail affects patients' lives humanely.

The practice motivated me to study more responsibly, to value laboratory and imaging studies, and to give the medical history the importance it deserves.

Additionally, it allowed me to observe the interdisciplinary work within the hospital. Seeing how doctors, anesthesiologists, and nursing staff collaborate to ensure patient safety taught me that medicine is a collective effort. Each professional contributes their knowledge and experience, and everyone relies on reliable information to make decisions.

I am deeply grateful to my teacher for giving me the opportunity to learn beyond the classroom, and to the doctor for showing me the importance of a comprehensive medical history and the value of diagnostic tests in medical practice. This experience not only taught me to value lab tests and clinical information but also motivated me to continue preparing myself with responsibility and dedication.

Today, I know that every figure, every result, and every piece of background information is a piece of a puzzle that, when properly interpreted, can save lives. This lesson will stay with me throughout my training and my professional future, always reminding me that medicine is not just about knowledge, but about applying it with sensitivity, precision, and respect for each patient.