

## **EXPERIENCE FOR LIFE**

The 4M-clinic is a small place you have to mount many stairs to get to. A reception with two friendly ladies. You'll be met by a big smile.

Food, Exercise, Mastery and Medicine - 4M is all about changing life style. Interdisciplinary collaboration between doctors, physiotherapists and dieticians. A close collaboration and following up of young people as well as seniors who wish to change deep-rooted habits.

I have been practicing here a month now and had many experiences that I carry with me.

My duties in the clinic were to observe counseling with doctors and dieticians and to lead a group of patients with previous negative experiences with training. I also had to weigh patients and explain to them concepts like body-mass-index, muscular density and percentage of fat. And last, but not least – take blood samples.

I have learned a lot in my meeting with patients, and there is one particular incident that I remember very well. I was asked to weigh a patient, and we were both ready for the task when I suddenly felt this terrible smell. In this situation I had to be professional and not let myself be distracted by the appalling smell.

I managed to complete the job. But I felt uncertain what to do and what to say. This was a situation I was not prepared for.

In retrospect I have thought a great deal about this particular incident. In other circumstances I would have struggled with a smell like that and I would not have been able to stay in the same room as this person. But for some reason I managed to stay calm and relate to the patient. I experienced physically the meaning of the term *act professionally*. To me this has become a very important aspect of working close to people. Being professional means taking people seriously and meeting them on their own home ground.

This is an experience that I will remember and bring with me in life.