



EDUCATION & SEMINARS

## Q&A: First Graduate of University of Missouri Chiropractic Internship Program

DIGITAL EXCLUSIVE

*Editor's Note:* The following is a Q&A with Alexandria Pete, the first student to complete the chiropractic internship at the University of Missouri Orthopaedic Institute (MOI). For background on the program, developed and directed by Dr. K. Jeffrey Miller (a longtime [DC columnist](#)), please read "University of Missouri Launches Chiropractic Internship Program" in our [February 2023](#) issue.

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Why did you decide to apply for the chiropractic internship program at the University of Missouri? I have always been interested in seeing what practicing in a hospital setting would look like, so this seemed like the perfect opportunity to do so. For me, integrative care is the best form of healthcare for patients. I was eager to be in an environment where different providers were working together in the same clinic. It felt like a good opportunity for me to be able to spend time with doctors from various specialties to have a better understanding of how they work and what they treat. I now have more insight into the utilization of a multidisciplinary approach for treating neuromusculoskeletal conditions.

How does what you've experienced / learned apply to the clinical and practice setting moving forward in your career? Every part of what I have learned at MOI will shape how I move forward in practice. This experience has been incredibly helpful in terms of understanding patient management and the importance of intentional communication with patients. My treatment approach has been influenced by my time spent with Dr. Miller. I have been lucky enough to have been exposed to a variety of clinical scenarios and have been given many clinical pearls by Dr. Miller and the other providers I was able to spend time with. I can say with certainty that the knowledge that I have acquired through this opportunity will help me every day in practice. I am grateful to have had this experience.

*Does any single moment or aspect of the experience stand out as particularly memorable / valuable?* There have been so many valuable moments; a particular one does not stand out in my

mind. However, a general theme remained present from my very first day until my very last. All the employees at MOI were extremely kind, knowledgeable, and ready to explain their thought processes related to patient care. From the individuals working in administration to other healthcare providers, they all were open to let me shadow them and answer any questions I had. This created an immersive learning environment throughout this experience. Most of all, Dr. Miller has been a wonderful mentor; it is very clear that he enjoys teaching and fostering a unique educational environment. His care for the chiropractic profession was inspiring and motivating.

*How did patients react to your involvement in their care - particularly any patients experiencing chiropractic for the first time?* Overall, the patients were receptive to let me be involved during their visits. I was able to be present with Dr. Miller during their visits. Many of them were accommodating and let me treat them and participate in their care. Due to their openness, I was able to start my journey as a chiropractic physician.

*Can you share some of your background with readers in terms of chiropractic education, why you decided to become a DC, future plans, etc.* I currently attend National University of Health Sciences. I was exposed to chiropractic through my family. The more I learned from them about chiropractic, the more interested I became. I had always thought how special it was that chiropractic focuses on patients' body and mind. It is amazing how an adjustment can influence both the mental and physical aspects of patients' health. I wanted to be able to help friends, family, and my community. While there are many ways to do that, I found that studying chiropractic was a special way to include my unique interests both professionally and personally. I am getting my masters in acupuncture as well, so I will return to Chicago and graduate from that program [set for August 2023 as of press time]. One day, I hope to combine the two disciplines to provide integrative care to my future patients.

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