

## FMNI Reflection

This was a very interesting project to say the least because I never really considered that simple foods in our everyday lives could interact with medications that we may take. While researching for this project, I had a lot of choices to choose from, but I chose to pick one that was rather difficult but also informative. While the project itself is important, I learned valuable lessons that I even was able to give to clients and patients to help them understand these concepts. As you may have read already, I didn't find it difficult to research this topic but rather take everything I learned and make a very informative video within the time constraints. Overall, I think being able to understand and conceptualize that common foods that have an impact that every health care professional should understand to help patients avoid harm.