

Miah Hernandez

Final Clinical Reflection

During my clinical rotations on Heart Center 5 I have learned so much and have experienced more than I ever have in clinicals. Being on the unit for 12 hours and for 10 days has really allowed me to know patients more and the staff as well, even more when I would be there for 2 or 3 days in a row. I feel like the days I was in clinical my preceptor and I had at least one very interesting patient. Whether it be their reason for being there or just how the patient was in general. It made each day go by fast and be memorable. My preceptor mentioned frequently how this time around with a student was the most eventful shifts compared to others. My preceptor was great! She always made me feel welcomed and heard. Even when I was unsure of certain things or hesitant, she was very encouraging and understanding.

I have many scenarios I could discuss about my shifts on HC5 but then I would be typing a novel. The most interesting is when we had an EMU patient on the floor and when she would have "seizures" she would have a psychosis type episode after, and it would literally take 6 nurses to hold her down. This patient was maybe 5 feet tall, and no more than 115 lbs. It was VERY interesting experience to encounter since I had NEVER witnessed anything like that. My preceptor and all the staff handled the situation well. The Dr. finally concluded that there was no seizure activity that it was all psych induced. The patient was discharged the next day and I do think of her frequently and I hope she is okay and getting the help she needs.

I'm so thankful for the opportunities HC5 and CSON has given me, and I cannot wait for the future that lies ahead. I know these clinicals have helped mold me into the great nurse I hope to be one day!