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Clinical Reflection

Overall, I feel like this week at clinical went well. I was able to be with two different nurses which I felt helped me see two different ways you can go about your day and how to time manage effectively. When it comes to medication administration, I've felt like I need to speed up the process and that people are always waiting on me, I voiced this to my nurse today and they used it as a learning opportunity to teach me different techniques (still in line with what we were taught to do in school) and did hands on teaching in each patients room with me to help reinforce what they taught me in the medication room.

Two of my patients this week struggled with weight gain and anorexia, and I had never given lovenox to patients that were so tiny and fragile. Initially I felt anxious because I was unsure how to "bunch" the skin to a point where I wouldn't hit something that's not supposed to be hit. My nurse used one of the patients as a visual for me and walked me through how they position themselves/body mechanics to be able to easily grab the skin and give the injection faster. On the second patient I was able to teach back the steps to my nurse and felt like I had administered my medications faster and still in a safe manor.

In conclusion, I feel like I took away a lot of important teachings this week. Since my ADHD causes comprehension issues for me sometimes I was thankful that the nurses understood and were able to apply hands on and visual teachings to help me grasp the medication administration better. I will use these new skills and teachings in the following weeks to come.