

Today's activity day was unexpectedly good. I was honestly looking forward to being in Texas Tech for the activity. A few of my classmates said that Tech's equipment and rooms are exceptionally advanced, so normally, this piqued my interest. I would not trade today's game for it, though. In this activity, I found my greatest weakness: connecting the dots. Today's interactive activity was very dynamic, which I thoroughly enjoyed. Labs and vitals constantly changing, situations arising, fire alarms with electricity outage, everything was included today. It was also a nice touch that we are working in teams, as reiterated in today's activity: nursing is team-oriented. Bouncing ideas from each other was very stimulating. Everyone has different perspectives on what is happening and what would be the best course of action. To touch on my weakness again, I realized that I am terrible at connecting the details. There was an instance where I felt very stupid. I asked myself multiple times: what would low H&H mean? I knew it would mean anemia, but I kept looking at other lab values that would make things worse. But the beauty in working as a group is that there will always be someone to assist you, which my group was gracious enough to do. Honestly, I wish our class touched more on lab values. Even in clinical settings, there would be nurses asking me: "what would an elevated INR count mean?" or "what would be a good level for Creatinine?" and I would end up secretly glancing on my phone to scour some answers. Seeing how nurses and doctors refer to lab values, adjacent to vitals, to get information on how to proceed, it clearly is an imperative component in healthcare. I think proficient knowledge on lab values would set a perfect background and some understanding to any disease process that is currently happening to a patient. We just glossed over this topic, however. I guess this is something that we might have to learn on our own, as we progress, or on the job.

Another thing that I found very frightening is when nurses battle something that can't be beat by medicine and compassion: nature. In the scenario where there's power outage with fire alarms sounding off, what should I do with my patient that is 400 pound, post-op, and bleeding? In cases where we are dealt with a terrible card, how do we play it? I jokingly answered pray because that is what I would do in this situation. But in circumstances like these, what do we do? I also would have loved to know our instructors' answers to these but we moved on it too fast.

In conclusion, today's activity was fruitful. I was able to look at my gaps as a student nurse and will continue to build myself up to become a great nurse. I wish we could have activities like these more often. It is a fantastic way to see where we, the students, gauge on real life conditions.

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