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Reflection

Although I was only at clinical Tuesday, I feel like I was able to do a lot and do some things I haven't done before. A few of my patients required labs and the nurse asked me to try, this was maybe my 2 or 3 time to do a "stick" blood draw instead of drawing from an IV. My patient was older and very skinny, so it was hard to locate veins on her, but I went in confident and tried anyways even though in the end the nurse had to draw from the other arm because mine missed. Luckily, we had another patient in a similar situation, and I went in not afraid and determined to get it on the first try and sure enough I did! I was proud that I was able to do one of these on my own, but I need to learn body mechanics better to be able to insert the tubes after I get flashback. I know being able to maneuver both hands and position comes in time with nursing, so overall I felt I took away a lot from the experience. From these experiences I will take away a learning opportunity to keep practicing body mechanics and always offer to do blood draw to gain experience and ultimately succeed every time.