

In completing my final clinical at the Day Surgical Unit, I can confidently say that I feel much more prepared to enter the nursing profession than ever. I am thankful for the variety of opportunities that this learning experience provided me. My assessment skills made great strides. In doing multiple admissions assessments and post-op a day, I was able to identify abnormal heart and lung sounds. In some cases, I was able to compare these to EKGs, use clinical judgment in managing these patients, and identify changes that may be reportable to the physician. In addition, I got to practice IV sticks, glucose monitoring, and medication administration at each shift. Most notable, though, was the opportunity to do a ton of patient teaching. Preoperative and postoperative teaching was a constant skill I practiced. In my last few shifts, I did complete documentation on every patient. I was able to type descriptive narratives that paint the picture of everything that happened during their stay in Day Surgery. This skill will help me significantly going forward as I can document with detail and accuracy. With various procedures and discharge instructions, I learned so many new things at each shift. I learned to assess patient readiness for teaching and prioritize each postoperative patient's most important teaching points. I completed full discharge planning and teaching for preoperative and postoperative patients by the end of my clinical hours. I realized how much I love patient and family teaching and how important it is that nurses ensure adequate learning for long-term outcomes and optimum recovery at home. In doing so, I gained a lot of confidence in my communication skills and discovered I could answer questions as they arose. I am excited to continue this skill in my future practice. Finally, I made great strides in time management from my first shift to my last. However, I recognize there is still a lot of work to be done in that department. As a new graduate nurse, I realize that time management will be challenging. To

best deal with this, I plan on trying out "nursing brain" sheets that will help me stay organized and ensure time-sensitive interventions are prioritized.