

Covenant School of Nursing Reflective Practice- Sunrise Outpatient Clinic

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<p>Step 1 Description Today I spent my time with the staff at Sunrise Outpatient clinic assisting with their daily nursing tasks. I spent my time mainly with a RN, Elias. He was very kind and very helpful with each task. He took the time to explain the order of operation and what their day to day looks like. I observed him completing blood draws, injections, a mountain of paperwork and many other tasks. He taught me how to use the blood separating machine, and it was actually really cool to see how it separates the plasma and blood. I was able to do a blood draw and an injection during this clinical shift. The best part of my clinical was observing the entire process of an Invega Sustenna injection. I am hoping that watching this in clinical will help me in CPE.</p>	<p>Step 4 Analysis I saw many aspects of psychiatric nursing that we have learned in theory. I was able to see how Haldol injections are thick and difficult to push, the refrigeration process of the meds, how you must shake some injections prior, the needle sizes used for injections, many blood draws with the reason they were doing to draw, the process of the blood separating machine for LabCorp, the documentation requires of the psychiatric nurse, and so on. I was able to see these aspects of theory put into play today with many other tasks. I was also able to observe the staff de-escalate an individual in the outpatient clinic. I witnessed emotions from anger to laughing within minutes of each other. He was emotions were disorganized as well as his thought processes. The staff did a really good job with this client and kept the rest of the population safe.</p>
<p>Step 2 Feelings Today I walked back into a place I have been a million times. I know I have said this just a few times, but I spent a big chunk of my life with Starcare, so it honestly felt a like odd at first going back. After a while, I started to feel like home and I was reminded why I stayed for so long. The people that work at Starcare are so kind, and they were all so proud of me. I also remembered many client names that I saw on schedules, medication labels, and walking around the lobby. It was humbling because two clients remembered me, I was touched by this. When I left clinical today, I honestly felt that I had been just at work all day, it was weird because it felt like home, part of my routine.</p>	<p>Step 5 Conclusion I learned from this clinical that I have to continue to build my confidence with blood draws without a butterfly needle. I have to remember that I have the technique down and to just be comfortable with people being fearful and it is hurting for a second. My nurse told me you did great, but I can tell you really don't like having to hurt anyone. I told him he was absolutely right about that. What I could have done differently is, as always, leave my anxiety at the door. I could breathe more and worry less. I could have just held my confidence with how I draw blood. Injections are no big deal to me at all, but for some reason blood draws make me so nervous. Its definitely something I will continue to work on. The main thing I learned from today is what a day in the clinical life of a nurse looks like. It is definitely busy and there are many tasks throughout their 8-9 hour shift.</p>
<p>Step 3 Evaluation Overall, my experience with Sunrise was really good. The staff was so kind and welcoming to me. I felt my anxiety building over the past week and wondered what it was going to be like in this different role. What was good about this event was it turned out to be a great day, even though I had anxiety that it was going to be much harder. I was able to help and observe many tasks of the nursing role and be with someone that was kind/helpful to me. What was difficult for me is my level of confidence to complete more blood draws. I have to be honest blood draws are my least favorite thing to do. The blood draw and injections that I completed were complimented, so that was a good feeling.</p>	<p>Step 6 Action Plan I will use this experience to help continue to build my knowledge and confidence as a nurse. I need to continue to build on my confidence with blood draws because every nurse knows they are an essential part of the job. I will apply how the RN I followed completed blood draws; he did an amazing job with it. His feedback was very helpful and something I will take with me in my career. At each clinical experience there is always something I will take with me, but the best thing I will take with me is to be kind like the nurse I was with. He was patient and respectful of the all the staff and all the patients in came into contact with.</p>