

Clinical Reflection

During clinical I got to observe the nurses and techs hook up the dialysis machines to patients. They explained to me the difference between the blue (venous) and red (arterial) lines. The venous or blue line pulls the blood where it is filtered through the machine and then entered back into the patient through the arterial or red line. I got the chance to see how each site was accessed whether it was a catheter, graft, or fistula. I also got the chance to assess a graft and fistula for what it looks and feels like. Each patient has their own treatment plan specific to their own needs. I also learned that patients are told to watch their intake of phosphorus because their kidneys cannot remove extra phosphorus which can lead to calcium being pulled from their bones making them weak. The estimated time each patient receives dialysis is around 4 hours. However, patients can choose to leave earlier in which they are educated on the risks of leaving prior to finishing treatment. During treatment, the patients are assessed, and their vital signs are recorded every 15-30 minutes. After patients were finished with their treatment, I was able to watch my tech take the patient off the machine. When the tech I was assigned to wasn't busy and went on break I checked on other nurses and asked if they needed help with anything, and they told me not right now. I did get on my phone one time when I heard grades were up, and I admit I should have gone into the staff lounge or the bathroom to check my grades instead of being on my phone out in the open. I also will admit to sitting down at times that were less busy when I could have walked around and helped stock, clean, etc. After the unfortunate events that took place, I have learned that someone is always watching, especially being a student, and it is important to always present myself in a professional manner no matter what may be going on around me or how busy the facility is. In the time I was at the facility, I learned a lot about dialysis, and I was able to put myself in the shoes of a dialysis patient.