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### Final Clinical Reflection

Reflecting on my clinical experience at Grace Surgical Hospital under the guidance of my preceptor, Kathrina, has been an enlightening journey. Initially harboring doubts about what lay ahead, I am now grateful for the invaluable lessons and skills I've gained during my time here.

One of the standout aspects of my experience has been the emphasis on collaborative teamwork within interdisciplinary units to address both the psychological and physical needs of our patients. Kathrina, my preceptor, played a pivotal role in fostering this collaborative spirit. Her kindness and willingness to facilitate my learning were evident throughout the entire process.

One skill that posed a challenge for me was IV starts. Recognizing my lack of experience, Kathrina took the initiative to rally the team on the third floor, providing me with an opportunity to practice on my colleagues. This hands-on experience resulted in five successful IV starts, boosting my confidence in this crucial skill. Since that day, I have not encountered any failures in performing IV starts.

While some surgeries on our floor seemed repetitive, I gained insight into the individual preferences of surgeons regarding fluids, pain medications, and overall patient care plans. This highlighted the importance of attention to detail and adherence to specific protocols in the surgical setting.

Managing patient care for six individuals simultaneously was both challenging and rewarding. The diversity of cases, ranging from total hysterectomies to spinal fusions, tested my ability to allocate time efficiently. One patient's adverse reaction to anesthesia, leading to complications such as nausea, vomiting, and an episode of Afib, demanded extensive monitoring and care, diverting attention from other patients. Balancing the needs of a patient in constant pain, another ready for discharge, and one requiring meticulous attention due to early-stage dementia added layers of complexity to my responsibilities.

The case of the patient scheduled for a total right shoulder surgery proved to be particularly intriguing. Despite normal lab results, the discovery of an encapsulated infection near or on the bone forced the rescheduling of the surgery. This unique situation underscored the importance of careful assessment and adaptability in the face of unexpected medical conditions.

Caring for a patient with early-stage dementia who underwent a spinal fusion and was prescribed a PCA pump presented its own set of challenges. Regular rounds were necessary to ensure optimal pain management, as the patient often forgot about the pump. This experience emphasized the importance of personalized care plans tailored to the unique needs of each patient.

In conclusion, my time at Grace Surgical Hospital has not only dispelled my initial doubts but has also enriched my understanding of patient care, teamwork, and adaptability in a clinical setting. Kathrina's mentorship has been instrumental in shaping my professional growth, and I leave this experience with newfound confidence and competence in various aspects of nursing. While the experience has been transformative, it has also highlighted areas for further improvement. Specifically, managing my time more efficiently and recognizing the importance of breaks during shifts are aspects I aim to enhance. I noticed instances where I felt drained and overwhelmed by 1700, realizing that I had neglected to pause for a drink of water or a meal. Acknowledging the significance of self-care and recognizing the need for moments of respite will be crucial in maintaining my well-being and sustaining the quality of care I provide to patients.