

Community Service Reflection- Phlebotomy Clinic
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I was actually very excited for this experience I stick patients on a semi-regular basis and am excited to get some tips from people that do this all day all the time. I chose this because I wanted to hone my experience and make my sticks easier for my future patients. I enjoyed the patient interaction as I had all of them willing and ready to give me an opportunity to draw blood from them. I liked talking with them because I find joy in each interaction, everyone has such differing backgrounds and stories and even with just the short 3-5 minutes I can get a glimpse of who they are and attempt to make their day better. To keep them safe we utilized the patient checks of name and date of birth and printed out the stickers for the samples only when we were ready to draw them. I had a few patients that were afraid of needles and blood draws while others had no problem with it. One patient told me that she would scream when I stuck her. I engaged her in conversation and asked some questions about her life that I thought she would like to answer. This distracted her enough that when I drew her blood, she only growled at me, an accomplishment she assured me. One of the technicians there that drew blood was very helpful with teaching me how to locate and stick a patient in the AC. That is the one place I have always struggled with because I go by what I can feel to stick. He explained and let me feel what I was looking for, a spongy bounce back. I am very good at peripheral sticks and usually have little trouble getting a patient who is a "hard stick". If I ran across a patient who needed certain labs that must be drawn from the Antecubital vein. I would struggle mightily and resort to asking other nurses to help. Since learning about the spongy feeling of the vein in the AC I have used it in the hospital to finally stick those patients. They also showed me some tips on how to better anchor my veins if the patient knows that they tend to roll. This has helped me reduce

the amount of times my patients have to get stuck in order to draw labs. It has also helped me with my proficiency of time management because I am faster when drawing labs and no longer must rely on other nurses to come try to draw my labs when they have some free time.