

POST CLINICAL REFLECTION DAY 1

This exercise strengthens your clinical judgment skills.

Reflect on your clinical day and the decisions you made caring for this patient by answering the questions below.

Day 1 Reflection Questions	Student Nurse Reflection
What feelings did you experience in clinical today? Why?	<p>I had a terrific first clinical experience in the AED, which made me realize why I wanted to become a nurse. At the age of twelve my grandfather passed away from a heart attack in Covenants Emergency Department on the morning of January 13, 2010, and I knew then that I wanted to become a nurse in order to help people. I felt that this was my destiny. This is why I bring it up: I was asked to assist with a code of a male who was about my grandfather's age and had gone into cardiac arrest in the same room where my grandfather had died. That morning, I experienced a wave of emotions. I was doing my best CPR and felt like I was where I should be, with a sense of comfort and motivation surrounding me. Unfortunately, the patient did not survive, so I took a moment to collect myself in the break room. This gave me a re assurance that I am now living my dream and achieving my life's purpose as a nurse.</p>
What did you already know and do well as you provided patient care today?	<p>I believe I'm able to handle the fast-paced environment of the emergency department. I feel I did well in staying calm under pressure, effectively communicating with patients and the healthcare team, and using my clinical skills to provide timely and efficient care. I satisfied as many of the patients' requirements as I could, whether it was fetching them a blanket, a cup of water, or assistance in the restroom. Changing the patient in the time of need. Ive become more confident on medication administration on why we are giving it and how much is to be given, making sure of patients allergies are known and the correct medication that was being given and observing if medications are working or not.</p>
What areas do you need to develop or improve?	<ul style="list-style-type: none"> • Time Management: Efficiently prioritizing tasks to ensure all patients receive timely care. • Communication Skills: Improving how I communicate with patients, families, and the healthcare team can enhance patient outcomes and satisfaction. • Clinical Skills: Continually updating and practicing clinical skills to stay current with best practices. • Emotional Resilience: Developing strategies to manage stress and avoid burnout, which is crucial in high-pressure environments. • Patient Advocacy: Enhancing my ability to advocate for patients' needs and preferences effectively. • Reflecting on your experiences and seeking feedback from colleagues can also help identify specific areas for improvement.
What did you learn today?	<p>My preceptor has been really understanding and patient with me as I've been learning the pathos of various diagnoses with each patient. He also helps me understand why things are done a specific way. As EMS brings patients into the room, I've been learning how to take reports. Additionally, I've been learning how to get an EKG reading for the doctor. I have been able to practice a lot of IVs, getting labs, going over the RIGHTS of medication admin. I understand as a nurse we will learn new things every day as evidence based practice are changing constantly. I feel as my learning and knowledge test me in a real life setting.</p>
How will you apply what was learned to improve your patient care?	<p>I will apply what I learned by reflecting on my experiences and identifying areas where I excelled and where I faced challenges. For example, i noticed that clear communication with patients helped them feel more at ease, I can focus on enhancing my communication skills further. Similarly, I found that prioritizing tasks effectively improved patient care, I also can work on refining my time management strategies. By continuously learning and adapting, I'll be able to provide even better care in the future. I believe there is always room for improvement even for a person that has been practice patient care for a long time.</p>