

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 |
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| What feelings did you experience in clinical today? Why? | <p>Throughout these 6 clinical shifts I have felt my confidence grow tremendously! The very first day on the unit I was definitely a little more on the timid side, but once I got more comfortable with my preceptor and got my groove on the unit I have got to learn a lot and I'm finally starting to gain a sense of independence and been able to really grow in my environment.</p> |
| What did you already know and do well as you provided patient care today? | <p>When it comes to patient care I feel like I am naturally able to communicate with them very effectively, but I am now really able to tune in on that and allow them to trust me as a nurse by having the ability to educate them on their plan of care, medications, expectations, etc.</p> <p>I also feel like I have improved on being able to confidently provide my patients with exceptional bathing care. Spending an extended amount of time in the ICU between IM7 and now in IMS, majority of the floors do not have the opportunity of having NAP's, therefore perform almost all of their patients bathing/cleansing needs. I had always struggled with finding a routine of doing bed baths for patients (which sounds silly) but I could get a patient bathed and linens changed with ease, which makes me feel good about the care I am providing and allows my patient to feel better + clean!</p> |
| What areas do you need to develop or improve? | <p>An area I think that I need improvement in would definitely be time management and prioritizing my tasks. I always get ahead of myself and be able to slow down and really get into a routine, from receiving report from the nurse, setting up my cardiac so that I can stay prioritized, leaning how to effectively chart my hourly rounds, communicating with other healthcare providers and giving report to the next nurse.</p> <p>I know this is one of those things that will come with experience, but I think getting a good routine and keeping a good work drive is a necessity when nursing in any type of environment.</p> |
| What did you learn today? | <p>I have learned how to use and remove an arterial line and how to correctly find pressure after removing the line (5mm) and then properly apply a pressure dressing, how to remove pacer wires, how to remove chest tubes and properly apply dressings, and removal of an IJ central line.</p> <p>I have also gotten to watch many different procedures as well. A central line insertion, an arterial line insertion, an EVD removal, a chest tube insertion, intubation, extubation as well as initiation of CRRT.</p> |
| How will you apply what was learned to improve your patient care? | <p>I will therapeutically communicate with patients, how to educate them on procedures and medications, as well as really paying attention to how my nurse prioritizes her time and schedules her day, so that I can begin to create one for my self.</p> |