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?	**Spending time in the ED taught me a lot from my preceptor about how and why things are done a certain way. Ever since I decided to become a nurse, especially in the emergency room, it felt like I was right where I needed to be. I felt like I fit in perfectly with the environment, the patients, and my colleagues. I hope to secure a position in the ED after graduation and eventually become a preceptor to guide other nursing students in their healthcare journeys. Over the 10 shifts I had, I got a glimpse of what the emergency room can be like. Even though I didn't experience many traumas, I hope to be part of and help in significant emergencies in the future.**
What did you already know and do well as you provided patient care today?	**I already knew how to communicate well with patients and colleagues, which is key to providing good patient care. I was able to remain calm and focused in a fast-paced settings, which helped me handle tasks efficiently. Plus, my ability to empathize with patients and understand their needs allowed me to offer compassionate care. However, I feel there's always room for improvement in all my skills, especially the ones I didn't feel as confident in.**
What areas do you need to develop or improve?	**To continue growing, I need to develop my skills in areas where I lack confidence. This includes enhancing my technical nursing skills, such as performing certain procedures more efficiently. Additionally, I should work on improving my time management and prioritization to handle multiple tasks even better in a fast-paced environment. Strengthening my ability to assess and respond to complex medical situations would also be beneficial.**
What did you learn today?	**During my time in the emergency room as a nursing student, I realized how vital it is to communicate effectively with every patient. This ability helps us understand why they came to the ER and enables us, as nurses, to offer the best possible assistance during their time of need. By actively listening and showing empathy, we can build trust and make patients feel more comfortable, which is essential for accurate assessments and treatments. Additionally, clear communication with colleagues ensures that everyone is on the same page, leading to better coordination and improved patient outcomes.**
How will you apply what was learned to improve your patient care?	**For example, there was a time when a patient came in with severe anxiety and chest pain. They were extremely distressed, which made it difficult for the medical team to assess their condition. I approached the patient calmly and used clear, reassuring language to explain each step of the process. By maintaining eye contact and using a soothing tone, I was able to help the patient feel more at ease. This allowed the doctors to perform the necessary evaluations more effectively and ensured the patient received the care they needed promptly.**