

## Midterm Clinical Reflection

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<p><b>Step 1 Description:</b> The interaction that stood out to me the most was an interaction I had with a patient during wound care. Me and my preceptor had wound care on this patient that had roughly 25 wounds. I was performing wound care while my preceptor was documenting the characteristics of the wounds. I was able to really work on my therapeutic communication and patient reassurance. At the end of the interaction the patient was in a better mood and viewing his situation and himself in a better light.</p>	<p><b>Step 4 Analysis:</b> My biggest take away from this interaction is to always treat your patients with kindness and understanding. The way you approach the task whether it is wound care or just medication administration can heavily impact the way the patient feels or even the way they view themselves. This patient had an interaction the day before where a nurse didn't provide great care and left the patient feeling upset because the patient felt the wounds were still dirty in turn making him feel bad about himself the rest of the day. This affects the patient's mood and their attitude towards staff and their treatment for the remainder of the day.</p>
<p><b>Step 2 Feelings:</b> I was unsure walking into the patient's room in my skills to perform the wound care but once my preceptor explained the steps to me I started to feel more confident. Throughout the process I steadily felt better and better because the patient was reassuring and approving of the care we were providing. There was one point in the wound care where I had a big scare because a large amount of fluid came out of one of the patient's wounds since the patient was retaining fluid. Leaving the room I felt very accomplished because I knew I left the patient feeling better than when I first walked into the room.</p>	<p><b>Step 5 Conclusion:</b> I feel like there was nothing else I could have contributed to this interaction that could have made it better. While providing the wound care the patient was very pleased with the care I was providing. Once the wound care was done I also changed the patient's linen and assisted the patient in cleaning themselves up and putting on a new gown. The patient was visibly in a better mood feeling clean and having a clean bed to get into which in turn made him very pleasant to all the staff that cared for him after. I've learned that if you treat your patients the way you would treat your own family or the way you want to be treated it can make the biggest difference in the patient's time with you.</p>

**Step 3 Evaluation:**

What was good about this experience is that I got confident in my wound care skills. It was upsetting to see a patient who was this young having so many health issues. I felt that I provided great wound care, verbal reassurance, and comfort to the patient. The patient was very grateful for the time and care we took as the patient stated he didn't get quality care the day prior. It was extremely gratifying that we were able to make the patient feel better about his situation and himself.

**Step 6 Action Plan:**

I was very happy with this overall experience. I strengthened my skills in wound care and patient communication. I was also able to gain more knowledge on the way to chart wound care. This has taught me to just always put on a kind face no matter how you feel about what you are having to do for the patient because they are human just like you and it impacts their perspective of themselves if you are visibly showing disgust at the care you are having to provide.