

## **Midterm Clinical Reflection**

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**IM8 (2/3/25)**

During my clinical rotation on the pediatric medical-surgical floor, I have gained valuable hands-on experience in patient care, medication administration, and critical thinking. My primary responsibilities included prioritizing patient care, administering medications, and reviewing lab results to ensure appropriate treatment plans.

On January 26th, I was assigned to care for a 16-year-old male patient admitted for abdominal pain. Initially, I was nervous about taking my own patient, but as the shift progressed, I gained confidence in my skills and ability to provide care. Many suspected his pain was due to anxiety, which is common in this age group. His medical history included a previous episode of pancreatitis and a known history of anxiety and depression, for which he was already on medication. After undergoing multiple tests, including a colonoscopy and endoscopy, all results came back negative. This was frustrating for the patient, who was still experiencing discomfort with no clear answers.

I also witnessed how emotionally involved his parents were, growing increasingly frustrated and even angry due to the lack of definitive results. This situation taught me the importance of not only caring for the patient but also supporting their family. I focused on showing sympathy, educating them about possible next steps, and helping to maintain a calm environment while waiting for the doctors to communicate further. I realized that, as nurses, we often serve as a bridge between patients, families, and providers. Even when we do not have the answers they are looking for, offering reassurance, and helping them understand the process can make a difference.

Throughout this rotation, I have also enhanced my clinical skills, particularly in NG tube placement and IV push medication administration. Additionally, I improved my time management and planning abilities, allowing me to provide more efficient and effective care.

A defining moment for me was helping this patient complete his bowel prep for testing. Drinking a large volume of medication was difficult for him, so we found a creative solution by adding flavored popsicles to make it more palatable. This experience reinforced the importance of patience, adaptability, and problem-solving in nursing.

Overall, this clinical experience has strengthened my confidence in patient care and reinforced the reality that patients rely on us during some of the most vulnerable moments of their lives. At first, I was scared to take on my own patient, but by the end of my shift, I had gained confidence in my abilities. This experience taught me so much, and I will continue to build on these skills to become a more competent and compassionate nurse.

