

Reflection

What feeling did you experience in clinical today? Why? Today I felt like I was more helpful than other clinical rotations. Our patient was very independent she was one day post surgery and she was up and moving along all day. She was up and walking every 2 hours and she had a chest tube, a-line, and central line. As the day went on I was able to Dc both the a-line and central line. Moving the central line wasn't as fun as I thought it was going to be. I was terrified of cutting the patient with the scissors or pinching her skin with the tweezers. Although I was able to complete the task with minimal assistance. Since removing the central line the nurse was wanting an extra peripheral IV which I was able to get on the first try. I am also looking forward to removing the chest tube in tomorrow's clinical.

What did you already know and do well as you provided care today? When coming in today me and my preceptor had already discussed prior how I needed to work on communicating more with my patient and the patient's family. So today I focused on communicating with my patient and her husband which I thought I did well. She was extremely nice, and thankful for helping her today. I was more alert on getting the patient's I&O's hourly. I felt more confident helping with other nurses today when they needed it.

What areas do you need to develop or improve? I think the area that I need to improve the most on is documenting, but I also feel that it will come with repetition as I have not been exposed to it as often as I would have hoped to. I also feel that knowing how to better communicate with the family or the other treatment team is something I would like to improve on as well. Communication is key when it comes to the patient's treatment ex. Removal of lines, and how the patient is progressing through each day.

What did you learn today? I learned how to remove a central line. In placing a central line I learned that you want to watch the EKG to see if the patient is having any abnormal rhythms since the wire is going in the heart (SVC). I also learned how important everybody's role is when doing a tube exchange. In the SICU K+ is to be covered if it is less than 4.0. I also learned that not everybody does things the same way. So you learn a lot of different ways to do things and eventually you will find your own way.

How will you apply what was learned to improve your patient care? I will take all the skills that I have learned on the unit with me and apply it to my future care. Knowing that not everybody does patient care the same will help me when I become a nurse to not expect people to do the same as me. It will help me to be open minded when learning from others during my orientation and find my own way. I know the one thing that I have learned that I will take with me is to care for my patient first and foremost. I am genuinely thankful for the nurses that were here to help me on the unit all the way down to my instructors.