

**What feelings did you experience in clinical today? Why?**

Today I had a patient that had a great deal of anxiety, so much that I found myself having anxiety every time I was in the patient's room. This was difficult for me because usually I'm very confident in the care I provide to my patients but this particular patient made me feel as if I wasn't doing anything right. For example, this patient required antibiotic piggybacks every couple of hours, so I would pre-prepare and prime the IV in the med room then my preceptor and I would head over to the patient's room to administer the medication. Well, while doing so the patient would ask a multitude of questions that I just didn't have any answers to so my preceptor would have to chime in multiple times to answer their questions. Then, while I was setting up the pump the patient would watch me like a hawk as I set everything up while looking through every part of the tubing for bubbles. If the patient saw even just a tiny bubble they would demand me to take them out. Now, we know as health care workers that small bubbles are harmless but to the patient they were extremely deadly and no matter how much we tried to explain this the patient was not having it. So, my nurse and I were forced to remove the bubbles one by one just so the patient would be more at ease, this continued to happen for the rest of the shift. My preceptor and I would check the tubing multiple times in the med room to make sure the majority of the bubbles were gone and just when we thought we were in the clear the patient would start off by saying, "Remember, make sure the bubbles are all gone" and before we knew it the thorough inspection would begin all over again.

**What did you already know and do well as you provided patient care?**

As I provided patient care, I recognized that I am good when it comes to remaining calm and patient. Even though I had anxiety every time I walked into that patient's room I still was able to ground myself even if it was in the slightest way and I didn't let the patient know how I was feeling at any moment. Yes, I will admit it was a hassle every time but I understood the importance of remaining calm on the outside, because it would have made the patient's anxiety even worse.

**What areas do you need to develop or improve?**

Prioritization is something I realize I need to work more on especially since now my preceptor is allowing me to take up to four patients now. With each shift I try to challenge myself to think ahead about what patients I should see and do my assessments on, sometimes I feel like I have chosen the right order in which I needed to do assessments but my nurse gives me new perspectives and reasons why another patient's condition should be assessed first instead.

**What did you learn today?**

Today, I learned how important it is to actively communicate with patients so that they know our intentions and care plan every step of the way. I have found out that this brings a lot of patients ease because they are constantly in the loop and aren't blind-sided about the medications and procedures that we plan on giving and performing. It has come to my attention that a lot of people struggle with anxiety and being in the hospital only intensifies it. Being a nurse, we have a huge responsibility to make the patient feel as comfortable as we possibly can, so by us taking out the bubbles for the patient and communicating with them every step of the way, I can only imagine how much ease it brought that patient.

**How will you apply what was learned to improve your patient care?**

From now on, I plan to incorporate more ways to ground myself in situations such as this. Taking a breather or perhaps a moment of reflection like I am doing now helps me understand how I

can improve and handle future situations because I'm sure this will not be the last one. Overall, it was a great learning opportunity.