

## Module 8 Clinical Reflection

In clinical today, I found myself feeling happy. I am happy to have the experiences I've been given. In particular, a patient I have cared for twice was finally awake after having several surgeries. She wasn't able to speak due to intubation, but she was alert and responding. She even laughed when I apologized about my voice sounding like a duck and how annoying it must be. I knew this patient was going to be especially challenging for me due to the extensive operations she had, and the various tubes and medications involved in her postoperative care. I also knew the family was anxious, they had questions and concerns. One thing I think I did well was build trust with the family by educating them while caring for the patient. While I was administering meds, I explained why they were being given and what we were trying to achieve by doing so. I explained the importance of oral care for ventilated patients and other things we were doing to keep their loved one comfortable and on the path to healing. That was also a learning experience for myself because it helped me build confidence in the care I provide and provided opportunities for my preceptor to offer his input on how I was doing. In addition to that, I learned the process of a blood transfusion, and although the work seems overwhelming, teamwork goes along way. Not only did I learn from my preceptor, but several other nurses also provided me with opportunities they thought would be good learning experiences and offered advice for a soon to be graduate. There's several things I've learned that I can do to improve my patient care such as there's nothing wrong with asking for help or speaking up when I don't understand something. I want to build on this experience and continue to build confidence and knowledge to provide my patient's with the best care I can offer.