

NAME: _____ Zane Fisher _____

DATE: _____ 4/30/25 _____

POST-CLINICAL REFLECTION - PACU (BUSY DAY)

To strengthen your clinical judgment skills, reflect on your knowledge and the decisions made caring for this patient by answering the reflection questions below.

Reflection Question	Nurse Reflection
What feelings did you experience in clinical? Why?	This day in the PACU was a very busy day. We had twenty eight plus cases scheduled to receive in PACU and then into Day Surgery. It was a fast paced busy day. Although we did not have very much time with our patients in the PACU I got to experience a bunch during that day. It was fast and intense, giving me feelings of stress, adrenaline, excitement, and the feeling of readiness.
What did you already know and do well as you provided patient care?	From previous experiences in the PACU I understood how we started our care and how to finish and then handoff care. One patient I encountered had a post-op closed reduction of his fractured Femur. One thing I worked with my nurse about was monitoring for complications from FAT EMBOLI. Since this was a long bone fracture there is more of a risk of this complication for this patient.
What areas do you need to develop/improve?	One area of improvement that I know I need to do better on is active listening and recalling when talking to and receiving report from the doctor. I had a hard time remembering what the doctor said regarding care or medications. As the preceptorship went along I got better at it but I still need to improve.
What did you learn today?	I learned what really busy days are like in the PACU. I learned and helped monitor post hemorrhage cases. We had a handful of dental rehabilitation cases that day as well. It allowed me to see how they handle dental cases. Where they are typically very agitated and in pain when they wake up. I also learned that when patients have a hard time waking up in recovery later during the window of their time there the nurses rub a wet cold cloth on the patients faces to help stimulate them to wake up from sedation.
How will you apply what was learned to improve patient care?	In my future care if I ever have to wake someone from sedation I can help them with a cold cloth stimulation. As well as, learning about dental rehabilitation cases. Knowing that having suction by is vital for their care in case they start to aspirate or are having a lot of bloody drainage.
	Big things that I learned from PACU is: 1. Monitor your patients for post-op hemorrhage. Check their dressings to see if they are getting very soiled.

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| | <ol style="list-style-type: none">2. Help patients wake up from surgery with cold wet cloths.3. If you give a pain medication for a patient in the PACU you have to keep them an extra thirty minutes from that dosing window. |
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