

Alyssa Morrow Post Clinical Reflection 1

- What feelings did you experience in clinical today? Why?
 - I felt excited in clinical to have the opportunity to learn and further my skills while I care for patients in the neonatal intensive care unit. During my shift, there were times where I felt overwhelmed by having to manage my time to ensure feedings, medication administration, and care times were on schedule, but I was able to be successful and learn how to improve my time management.

- What did you already know and do well as you provided patient care today?
 - I knew how to provide proper bottle feedings to my patients. I practiced training my neonates to pace their feeding so that they do not tire out and become unable to finish their milk for that care time. I was also aware that intake and output are essential for these patients, so I was able to weigh each diaper and document the correct output, along with each feeding for intake.

- What areas do you need to develop or improve?
 - I need to improve on my time management skills because I had three patients who required around the clock care at specific times. I would be finished with the first care time for one patient, go to another neonate, and then I would have to go back to the first patient to start their care all over again. I know that I can manage my time better by clustering care and being mindful of the next care time.

- What did you learn today?
 - I assessed one of my patients and I observed that they had swelling around their eyes, face, and mouth. My preceptor informed me that is a common finding for neonates who are on continuous high flow oxygen. I also learned that babies have a difficult time regulating their own

temperature, so during one of my patients' baths I was able to use the warmer to ensure they do not get too cold.

- How will you apply what was learned to improve your patient care?
 - I will continue to assess my patients for edema while they are on high flow oxygen and monitor their airway management as needed. I will also facilitate my neonate's temperature regulation by providing a warmer during baths, swaddling, and taking temperature every care time.