

Dustin Plummer

## Clinical Reflection

What feelings did you experience in clinical today? Why?

During my first clinical experience I had a lot of feelings running through my brain. I was excited but also a little unsure of myself. What skills and training would I remember. How would the people that I have worked with me judge me on my nursing skills. Would they expect more from me? All these thoughts and feelings ran through my head. I ended up having a great time and learning a lot. I remembered a lot more than I thought I would.

What did you already know and do well as you provided patient care today.

I already knew how to talk to patients and triage patients along with asking questions and not sounding judgmental. Along with being able to triage patients, I feel that I was already good at patient assessments full and with exception. I already knew how to read EKG's and do IV's well. What I didn't know how to do was the nursing documentation side and how to give IM shots.

What areas do you need to develop or improve.

I feel like there are a lot of things that I already do well, listed above. There is also a lot of room for improvement. I can always get better at assessing patients, along with learning how other nurses and providers do it. I need to work on giving a report when sending a patient to another medical facility. Along with the things listed above, I need to work on documentation and being able to complete it faster but also make sure I don't miss anything.

What did you learn today.

I learned a lot more than I thought I would. I started to learn all the ER nursing documentation and what I needed to fill out and what I didn't need to fill out depending on the patient and the complaint. I learned that there was a pharmacy app where you can look up any medication and see what

you can mix and what you can't. I also started giving IM and started remembering the landmarks and how to give the shots depending on the medicine and the amount to be given.

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

I will start using all the things that I have learned from all my clinical rotations to improve my patient care. These things include looking up all meds before giving them to the patient and educating them on what to look out for. I will start getting better using my triage skills and documentation and be able to finish it more quickly and in the room. Also, time management is something that I am looking to improve, and it has been baby steps, but I am moving in the right direction.