

**POST CLINICAL REFLECTION DAY 1**

This exercise strengthens your clinical judgment skills.

Reflect on your clinical day and the decisions you made caring for this patient by answering the questions below.

Day 1 Reflection Questions	Student Nurse Reflection
What feelings did you experience in clinical today? Why?	On the first day of clinical, I felt a little bit nervous, but I was very eager to learn and become more independent as the days went on. My confidence over the next three shifts only grew, as I was picking up a lot from my preceptor and learning the flow of the floor. I am now very eager to learn and grow as a nurse, and my nervousness has diminished to almost none, but I do feel as if having some form of stress is good as it keeps you on your toes.
What did you already know and do well as you provided patient care today?	I already knew how to do the basic nursing skills, such as taking vital signs, and medication administration. I can say with full confidence that I have become more proficient in doing these tasks, along with better learning how to analyze further why they may be taking certain medications, or why the patient's vital signs may be abnormal from the things we have learned in class. I also have become more confident in my skill of providing oral care to ventilated patients, as this has become something I do daily and I fully believe in the evidence behind oral care preventing VAP.
What areas do you need to develop or improve?	I believe that there will never be a time that I will not need to develop/improve on in my career. With that being said, I do believe that my communication to patients along with their family needs improvement, not so much knowing what to say, but being confident/clear when I say it to them. Another thing I could improve on is my confidence when starting IV's, though I do feel that this is something that comes almost entirely from just getting in there and getting attempts.
What did you learn today?	I have learned a lot over my four clinical days, and am excited to continue to learn over my last six shifts. To name a few, I have learned how to zero an arterial line, zero an EVD drain, and perform a Bubble test. Other than skills, I have learned that seizures can happen and not manifest in the typical way that we think that they do, for example if someone seems to be staring off and is sort of unresponsive for a few minutes, they could be seizing. Another thing that has become very apparent to me is how much of nursing is teamwork and the people that you work with can make your job a lot smoother, this floor has really opened my eyes to that fact.
How will you apply what was learned to improve your patient care?	I will apply what I have learned in order to improve my patient care in several ways. I will learn to better communicate with both my patients and their family, which will improve my ability to provide the best care possible. The skills that I have learned will be around forever, and getting exposure to them/getting practice doing them while I am a student will give me confidence to perform them again when I come across them in my future.