

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?	I felt anxiety and urgency in a pt who was hemorrhaging as I recognized the seriousness of the situation and the need to act quickly. My heart was racing, but I reminded myself to stay focused and calm. As interventions were implemented I felt relief and teamwork.
What did you already know and do well as you provided patient care today?	I was able to apply what I already knew about the early signs of hemorrhage. I stayed observant and communicated promptly with my preceptor. I also knew the importance of maintaining patient safety and calmness.
What areas do you need to develop or improve?	Time management and prioritization.
What did you learn today?	How to take care of an incision and how to care for it in the shower.
How will you apply what was learned to improve your patient care?	By strengthening assessment, pain management, and infection prevention. Encouraging early ambulation to promote healing and prevent complications.