

**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?	Over my last five shifts, I felt the anxiety/nervousness I experienced over my first five shifts dwindle down a lot. I felt a lot more confident in my ability to care for patients and everything that it entails. The only sense of nervousness that I experienced was strictly from realizing that soon I will no longer be a student and that my future is now. It was bittersweet leaving my last shift because while I am excited to graduate, graduating also means that everything I have been working towards is becoming a reality and that's kind of nerve-racking.
What did you already know and do well as you provided patient care today?	Over my last five shifts I saw growth in my ability to provide patient care effectively and with confidence. I saw my ability to do things such as administering medications through an OG tube, oral care on ventilated patients, and doing full neuro assessments go much more smoothly. I already knew a lot of the medications and what they were being given for as I had seen them over my first five shifts. I felt as if my preceptor was a lot more comfortable allowing me to do more total patient care as well.
What areas do you need to develop or improve?	In terms of areas I need to develop or improve, I would say I need to improve on skills that take repetition to improve at, such as lab draws and IV starts. I have gotten a lot more confident in doing those things, however I just realize the difference in ability between me and the nurses on the floor. I would also say I need to improve on the speed of my documentation, as I feel I still take a while to document things such as assessments, and knowing what to notate in the notes portion of documentation is something I feel I need to improve as well.
What did you learn today?	Over the last five shifts, I have learned just how much patients can change even over the course of one shift. I have seen patients both improve and decline over my 12 hours at the hospital in ways that I did not really know that they could. It is really eye opening to see just how much of an impact that we have on patients and how they progress in our care. I also learned how important communication with family members is, especially when the patient is sedated on a ventilator, it is essential to have good therapeutic communication with family. I got to see this in practice several times, as my preceptor was very good at communicating with the family and doing so in a manner which they fully understood the position that the patient was in while also being kind about it.
How will you apply what was learned to improve your patient care?	I will apply what I learned to improve patient care by being very meticulous in the decisions that I am making daily and just by being present in the moment. I think it can be very easy to get overwhelmed but doing what you can, when you can is essential and should be the main focus of the day. Learning from my preceptor has taught me little things to implement such as having a clean room for your patient can change so much for the both of you as you go throughout the day.