

Jo Beth Nichols
Mid-Term Reflection

Safety and Quality

Describe anything you did to maintain a safe, quality environment.

I helped maintain safety by using good hand hygiene, wearing gloves, and applying alcohol caps to unused ports. I have patients to clean with chlorhexidine wipes when changing into hospital gowns. I instructed patients on fall prevention, left beds locked and low, and took care to leave call lights and personal possessions within reach. I used two patient identifiers, gave patients a small sip of water with medications, and ensured IV lines were free of air bubbles.

Clinical Judgement

How were you able to integrate classroom knowledge?

I was able to recognize when a patient's blood pressure was out of range.

What can you apply from your previous knowledge?

I knew that blood pressure monitors may not be accurate when using the wrong size cuff. I also knew to try taking the blood pressure from a different location. Additionally, I knew that failure to take blood pressure medications can alter the expected value of blood pressure readings.

Can you apply these learning to other events?

I can ask questions when vital signs are not within expected ranges.

How can you use this to further improve your practice in the future?

I can know when to ask the provider whether he would like to order a medication to treat high blood pressure prior to surgery.

What have you learned from clinical?

I have learned not to just accept information, but to ask why and to follow through with interventions, when appropriate.

Patient Centered Care

Identify one client, what concerns, recommendations/interventions would you suggest?

One of our patients had not taken her propranolol and had not refilled it. I would recommend educating the client on the necessity of taking medications as prescribed. I would recommend that she or a family member become familiar with MyChart, as a patient can receive reminders when medications are due for refills; MyChart also makes it easy for patients to make refill requests and communicate with providers.

Professionalism

How did you maintain professionalism?

I communicated with my preceptor and instructor prior to attending clinical. I arrived on time and in dress code. I respected my client's privacy by knocking before entering patient rooms, closing the door behind me, and stepping out to allow the patient to change clothes with the help of their loved one. I kept patient confidentiality by logging out the computer when not in use and protecting paper copies of patient records from being seen by others.

Communication and Collaboration

Describe how you utilized therapeutic communication/collaboration.

I used therapeutic communication in speaking to clients and family members with respect. I altered the speed of questions and loudness of my voice to meet the needs of clients. I went through the chart line by line to take the patient's history and obtain information regarding medications. I asked for clarification when needed and answered questions that arose during the intake and discharge processes. I communicated with my preceptor, and we discussed the appropriateness of enlisting the charge nurse, respiratory therapists, and physicians to meet the needs of clients.

Feelings

How were you feeling at the beginning?

I had the unique opportunity of seeing the vision and planning that went into the hospital, as well as the privilege of seeing it being built from the ground up. In the beginning, I was excited about doing my preceptorship at Grace, and getting to experience Grace at a new level.

What were you thinking at this time?

I was thinking I would like to work as a nurse at Grace, and that this would be a good way to learn the hospital's policies and procedures.

What did the words of actions of others make you think?

The words of my nurse encouraging me to ask questions, take my time, and put the safety of my patient first have made me think back to previous modules. Mrs. Davis was good at emphasizing the importance of client safety, taking our time, and doing it right. In a later module, an instructor pushed me to do things faster. Once when I was drawing up insulin, she stood in my personal space and insisted that I hurry, hurry, hurry before the Pyxis timed out. I became so shaky that I bent three insulin needles, and I finally had to ask her to stop. It has been so refreshing to be reminded that it is okay to slow down and do what I need to do to be safe.

What is the most important emotion or feeling you had?

Most importantly, I have had a sense of accomplishment. I am glad that I am having an opportunity to work on my skills in a safe, nonthreatening environment, and that I have been given the opportunity to celebrate the successes I have had.

Evaluation

What has stood out the most about Grace Surgical Hospital?

I appreciate the atmosphere at Grace Surgical Hospital. The staff is positive and professional; additionally, I have felt seen and heard by everyone I have encountered. Not only has my preceptor been working to teach and encourage me, but other nurses have, as well.