

Kindal King Final Reflection

This last half of clinicals have been great. I think I have made great strides in my learning and skills. I have gotten to do a lot of skills such as: a straight stick blood draw that I got on the first try, 2 IV attempts with the first being a fail and the second being a success, and a straight catheter attempt which was a fail. I was quite proud of myself for getting a successful IV, but I really beat myself up over not getting the straight catheter. I felt horrible for being the reason the child had to be held for another one. I also transitioned to taking the reins on patients. I took the lead when we first went into the room to assess, giving meds, discharging, and I have been charting nearly everything. I think I've gotten better at anticipating orders for different diagnoses and doing respiratory assessments, like recognizing breath sounds and different retractions. I have given report to the floor twice for admissions and also to the oncoming night shift nurses. I like to completely write my SBAR before giving report to keep all my thoughts lined up. I got to help sugar-tong splint 2 fractured arms and watch the doctor suture a torn up hand.

There was one particular experience I want to share. There was a "family plan" that checked in, which means multiple family members want to be seen. There were 3 siblings that needed to be seen in this instance. One of them was a baby that needed to get labs, fluids and be admitted. The other 2 were toddlers that got discharged. Even though the toddlers were discharged as patients they stayed in the room with the baby and their mom until someone could come pick them up. The nurses were having a very difficult time getting an IV on the baby, there were multiple sticks and they needed the ultrasound machine. I started out helping by soothing the baby with a pacifier and Sweet-Ease. Once they got the ultrasound there were enough nurses

to help, so I decided to help in a different way. The toddler sibling duo were running around everywhere, bumping into the ultrasound and trying to climb under the bed - it was chaos. I thought it was a possible safety hazard with them running around everywhere and wanted to help control the situation. I went to the childlife closet and got toy trucks and coloring pages to play with the kids. I played with and distracted them until they finally got a line. The kids had fun and everyone was safe!

I want to grow in prioritization, like when there are 3+ tasks you have to do on one patient and you have to decide the order to do them. Also, prioritizing what to do next when it is insanely busy and you have a bunch of things to do. I want to grow in not letting my OCD ruin my thoughts. I truly panic over things that are non-existent and automatically think every day will somehow end in me messing up and going to jail or getting sued. I know there is no logic behind it, but I can't help but be in a constant state of worry that I will mess up and when I don't do perfect I freak out over it and can't let it go. Hopefully that will go away with time and increased confidence in myself as a nurse.