

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Clinical #1 Reflection Assignment

- 1.) Reflect on your expectations prior to interacting with a patient in the clinical setting for the first time as a nursing student. As you reflect, consider some of the following questions: What are some positives and negatives regarding the nursing profession that you have noticed or experienced? What were your expectations coming in as a student nurse? What guided your thoughts and feelings prior to interacting with a patient for the first time? Did you have any fears, if so, what were they and why?

Some positives that I can think of is being able to apply my knowledge and skills so I could efficiently take vital signs. I was also comfortable in my environment and felt confident in my skills. I knew coming into this program there were high standards set, and along the way thus far I have already grown so much and have learned many things about myself. My confidence in my ability to properly execute vital signs skills lead my thoughts and feelings during my clinical experience. I didn't have many fears because I was familiar to my environment from my previous employment at the hospital. Furthermore, the more I believe in myself and emphasize to myself that I am enough, I can accomplish anything I put my mind to.

- 2.) Reflect on your thoughts and feelings related to nursing school moving forward by considering some of the following questions: What were your thoughts and feelings after this experience compared to the night before? Have your expectations related to patient care in the clinical setting changed? Did you learn anything through experience or observation that you will take with you for the remainder of the semester? How was your communication with the patient? What were some of your strengths? How can you improve?

I feel that my mind can get to me before an event happens. But, when I finally get to the place that I have been vigorously practicing and rehearsing for; reassuring to myself that I am meant to be here, there isn't anything I can't do. One thing I have definitely learned is that it is one thing to say something and another to execute it. You can tell yourself that I will "think like a nurse" but it is another to execute it and take on the responsibility of being a leader. Since I know I am enough and that I deserve to be here, I felt confident in my ability to communicate to the patient and the nurse about wants and needs that needed attention. I feel that I can improve my communication skills by assessing more of the patient's orientation while executing a skill.

