

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?

Starting as a nursing student I was incredibly nervous and scared. I remember starting school for surgical technology and absolutely hating clinical's and how nerve-wracking they were, but once I started my career I absolutely loved it. I knew I would probably feel the same way about clinical's for nursing as well, but I try to keep in mind that once I get the hang of things and enter my new career as an RN, I will too love it. I'm not the typical nursing student who always dreamed of being a nurse, I never even knew that I wanted to be in the medical field. I randomly started school for surg tech because I was very lost and didn't know what I wanted to do, and someone suggested that I might like it. I soon found that I love the medical field, especially my home in surgery. After being a surgical tech for a few years I thought that I could and should be doing more with patient-care, which made me decide to go to nursing school, along with the overwhelming support from my coworkers. My feelings before interacting with a patient for the first time in the clinical setting as a nursing student was that I was absolutely nervous because I'm used to a patient being either sedated, or doing very minimal local anesthetic procedures. I was expecting myself to trip over my words and accidentally say the wrong thing, but everything went a lot better than I expected. I see nursing as a very positive profession since there is so much room to expand and many opportunities. A negative I do see in the field however is the burnout, which I have experienced before as well.

- 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?

After this first clinical experience I feel a lot better about clinical's. While I know its going to be hard work and I need to be prepared, as long as I put the work in things should be okay. Last night I felt a little worried and was nervous about whether I was prepared or not. My expectations of myself have changed because I'm entering a new role with a lot more responsibility. As a surgical tech my position is completely different with patient-care, and very limited while they're "awake." Through this experience and talking with Devon and Nick, I learned that they too felt the same way before my first clinical and that it just takes practice and getting used to the new setting, but I will eventually get to a more comfortable level. I thought my communication with the patient was actually really good, but it helped

that he was incredibly nice and relaxed, as was his wife. My strengths was being able to make small talk, while I could improve on obtaining vital signs in a more coherent manner.