

Name: Cidney Hinchman

Date: 09/3/2020

N321 Adult Health 1

Clinical Reflection Form

Clinical Rotation Site: MSP

1. Briefly write about today's experience(s):

Today I was in the clinic at the hospital and I really enjoyed it. The nurses were so helpful and nice. They made me excited to be there because they seemed eager to help me learn instead of being annoyed about a student following them around all morning. They allowed me to give a flu shot and a Depo-Provera shot. They also let me get lots of practice with manual blood pressures and even allowed me to chart on a patient. It was an overall great experience and I cannot wait to go back next week and see what else I can do and learn.

2. What is one thing you learned?

I learned how to give an intramuscular injection on a patient.

3. What is one thing you would do differently?

I would have asked the nurses more about their online charting system. Although, they let me chart on a patient that is the only thing I did on the system that day at clinical, so I am still very unfamiliar with it.

4. What is your major "take home" from today's clinical experience(s)?

I learned and enjoyed myself in the clinic because it gave me some good practice on basic nursing skills, but I realized that I would not want to work in a doctor's office on an everyday basis. There are so many options as a nurse and for me personally I could not have the same routine and do the exact same thing every day. I want the experience of getting that adrenaline rush and being in a fast pace environment and that is not something you can get on a day to day basis in a doctor's office.

5. Is there anything else you would like to mention?

I would just again like to mention how much I enjoyed myself at clinical on Thursday. Due to COVID I only had three clinical experiences my first semester, so it was really nice to be back in a real life patient setting.