

N321 Adult Health I
Clinical Reflection Form

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Mid Term Journal

1. Briefly write about your experience

My experience with doing clinical for N321 Adult Health, was very enjoyable to say the least. Besides the amazing staff at OSF, I also have an outstanding clinical instructor who is dedicated to ensuring all students succeed, but also provide their patients with quality care. I had the pleasure of having Macy as my nurse on multiple occasions while on the Med/ Surg unit and she was very helpful in providing with guidance as well as showing me the appropriate techniques to doing things such as administering medications and giving injections. I enjoyed how patient she was with me learning. I enjoyed how she explained every single detail to me as well as the reasoning behind why she was doing something. I had a very positive experience as OSF. I also enjoyed going to the ER. Although the ER is not where I plan to work after graduating, I still enjoy the pace of the ER and how quick and efficiency staff where. There too, I was able to get more of a hands on experience and correlate what is being taught in the classroom back to my patient's care.

2. What are things you learned?

The things I have learned was how to prioritize my patient care. Although the nurse to patient ratio at OSF was not a lot in compassion to other hospitals I have worked at or known to have, I learned the importance of caring for your patient's needs in the order that they require vs the order they come in. I also learned the importance of delegating task to other people. It is okay to ask for help especially in the health care field and doing so ensures all of the patient's request and needs are being met in a timely fashion. I often times, have a difficult time asking for help although I need it just because I do not want to be a bothersome to others. However, with this clinical round, I realized that nurses rely heavily on their nursing assistants and vis versa. For example, Macy was in the middle of passing medications and then also received a call from a patient requiring the need of toileting, she did an amazing job at delegating that skill to the

nursing assistant to ensure that she meets the needs of her other patients by getting their medication to them, but also does not ignore the request of the patient wanting to be toileted. All in all, this prevents a fall from occurring as well as ensures her other patient's pain is being controlled. Through Macy, I have also learned the importance of starting your shift out with a bright a positive outlook and attitude despite what the day throws at you or how busy she shifts is predicted to become. It is always easy to complain about all the things going wrong, but I have learned patients need to be put first, so our personal feelings need to come last for the betterment of the patient.

3. What are things you would do differently?

If I was able to go back, something I would do differently is take a more hands on approach to doing things. With this I mean, taking advantage of the opportunity of being able to pass medications. Instead of standing by and watching the nurse give the pills, I would have wanted to speak up and ask if I could give the patient the medications. The reasoning I suppose I did not, was in fear of not being able to pronounce the medications as well as looking incompetent in front of my patient if they were to ask what this medication is given for and me not doing that answer. Understandably so, I know I am a new nursing student and learning as I know, and a lot of patients seem to understand that. This is something I want to work on improving the next day of the semester.

4. What is your major “take home” from clinical experience(s)?

My major “take home” from clinical experience this semester is, to seek opportunities and ask as many questions as possible. The most important thing I have learned you will always be learning if you have career in nursing, so no question is a “dumb” question. In every clinical day, there is always something new to do. I love to be on my feet and get the most out of every experience. When I meet my nurse in the morning, I always let them know which tasks I'm able to do as a student. With this clinical, for explain, I wanted more experience with IVs and injections, so I always would let Macy know if she had any patients that required starting an IV or an injection, I would be more than happy to do it with her guidance. My advice to other oncoming students is, if there is anything you want to try or practice, let your nurse know and

make it happen. This allows you to make the most of your experience and seek opportunities. This is how you learn more and expand on your knowledge.

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

With COVID going on and everything going on in the world, I feel extremely lucky and blessed to be able to do clinical in person. I know a lot of friends I have, due to COVID restrictions, they are unable to have in person clinical and are focused to complete it virtually. There is nothing like the hands on experience that helps me learn more. Being that I have a more hands on learner and needing to practice my skills in front of real people, having an in person clinical is something I have happy I get to experience. I am very thankful to OSF for allowing us students to be there and also very thankful for my clinical instructor for being present with us and guiding us along the way as well as the amazing and outstanding staff at OSF for always being cheerful about us students being there and always allowing us the opportunity to expand on our knowledge.