

## N321 Adult Health I

### Clinical Reflection Form

Name: Julianna Flores

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#### Mid Term Journal

1. Briefly write about your experience(s)

I have had a wonderful experience at clinical so far this semester. At first, I was nervous to follow the nurse around because I had heard that nurses are not very welcoming to newcomers. I was also worried about doing more advanced skills by myself. I am grateful that I have encountered excellent nurses at OSF that were patient, kind, and great at what they do. These nurses calmed my fears and showed me things they have learned to be more efficient. They also gave me great advice for surviving nursing school and told me what to expect after graduation. I am now excited each day that I go to clinical because I can practice my skills and learn something new.

2. What are things you learned?

I have learned a lot already from my clinical experience. While inserting my first intravenous line, I discovered that performing skills in real life is a lot more intimidating than doing them in the lab. My instructors were not lying when they said you will be nervous until you have done several of them. I was unbelievably nervous while doing it, but I successfully started and secured it. Hopefully, the next one that I do will be a little easier and will build my confidence. I have learned that even though it does not feel like it, I have come a long way since my first clinical last semester. I have learned how to perform my client interview while doing my assessment, can now relate a client's symptoms and lab results to their diagnosis, understand several disease processes and their symptoms and treatment, can start an IV and administer many forms of medication. Lastly, I learned that even though this career is a rewarding one that it is also a difficult one because you are required to do the job of several people and must do it safely.

3. What are things you would do differently?

If given the chance, I would go back to my first day of clinical and start that IV. I was in the emergency department and the nurse asked if I wanted to start an IV. At the time, I did not feel confident, so I chose to observe instead of doing it. I now know that to gain experience and confidence, I must get out there and do these skills. This is really the only thing that I wish I could have done differently. However, if I could change one thing it would be to get out of my own head. I have performed these skills several times in lab

and know that my instructor and the other nurses are there to help me, so I need to just trust myself.

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

The major lesson that I learned is that I am happy that I chose to enter this field. I enjoy each clinical day and learning new things. I enjoy working with clients and being able to help them in any way that I can. My respect and admiration for nurses have grown so much from my clinical experience. I had no idea about all the things that nurses were responsible for and how stressful it can be to keep all their clients safe. I am grateful to grow as a person and as a future nurse with each clinical day I attend. I cannot wait to see what else I can do and learn during the next eight weeks.

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