

MN321 Adult Health I

Clinical Reflection Form

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Journal

1. Briefly write about your experience(s)

Today I followed around wound care. Two primary nurses went around together around all floors of the hospital. They were seeing patients that were consulted for wound care. Today I saw and learned about wounds ranging from cuts just needing to be wrapped up to an undoing of a colostomy needing a wound vac. Two of the patients that we saw had very thick, dry, scaly skin. After we got done seeing all of the patients, we went back, and the nurses charted. I got to see how they charted and how specific they needed to be when charting.

2. What are things you learned?

I learned what a PolyMem dressing is. It is a dressing that has a cleanser built into the dressing. When the wound drains or bleeds, the wounds will get cleaned. I also learned about another dressing it was called Aquacel. The dressing has silver in it, which I thought was neat. I learned that silver could help kill bacteria. I also learned about a wound vac and how to apply one. I learned about a cream that is applied to patients who have thick, hard, dry skin. The cream helps soften the skin.

3. What are things you would do differently?

When the nurses and I would go into a patient's room, I would stand in the corner near the back out of the nurse's way. I wanted the nurses to do their thing, and I didn't want to be in their way. I would see what I could from where I was standing. I wish that I would have stood a little closer and observed what the wounds looked like and what the nurses were doing.

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

My primary "take home" is that wounds are significant and the care that comes with them. If wounds are not taken care of, they preceded to get worse. One of the patients we saw had lymphedema. The patient was not compliant with his therapy. The patient's legs were swollen with thick, scaly patches. The patient also had two deep ulcers on his legs. The nurse had told me that if he does not do his therapy, the ulcers will take a long time to heal.

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

I enjoyed the two nurses down in wound care. You could tell they were passionate about what they do, making it easier for them to teach me and amazing to watch. They cared about their patients and went out of their way to ensure they were taking care of.