

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site:

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

The first patient we had was a young female that had taken a large number of antidepressants. She was also diabetic. We obtained baseline vitals and blood glucose, then got her out of her clothes. We assessed and interviewed her as much as possible. Throughout the shift we continued to monitor vitals and rechecked her blood sugar. A patient care tech sat outside the room and watched her. We also took care of another female that was having vaginal bleeding and a possible miscarriage. She was a very difficult IV stick. We tried multiple times in her hands and arms. Eventually we got one in her chest. We tried to keep her as comfortable and calm as possible. She went for an ultrasound as I was leaving for the day. We had two male patients arrive at the same time with chest pain. The nurse and I obtained vitals, applied oxygen, and did EKGs on them. One EKG showed that the patient was in atrial fibrillation. I am unsure of the final read on the other one because I stepped out of the room to get something. Medication orders were not ordered yet for those patients.

2. What is one thing you learned?

There were many learning experiences today. One, that I think is very valuable, was doing an EKG. I have practiced EKGs in the lab, but I've not had a chance to do it in the clinical setting. It was fast and we did EKGs on multiple patients. Another learning experience was watching how they interacted with a patient that was brought into the emergency room because she had taken a large number of antidepressants. We had to get her changed out of her clothes, remove her belongings so that she didn't try to harm herself, and then proceeded to ask her a series of questions about self-harm and suicide.

3. What is one thing you would do differently?

Something I would do differently next time is jump in a bit more. I felt like I didn't want to get in the way. After learning where everything is and seeing their routine, I think next time I am down there I will take initiative to hook them up to monitors and do a more thorough assessments right away. I think I was a little nervous the first time. However, I know jumping in and going for it is the best way to learn.

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

A major take home from today is seeing the nurse’s role during a code situation. A young male was brought in with a suspected overdose and was having difficulty breathing. They were bagging him when he came in. Everyone worked as a team to take care of this patient. Other nurses in the emergency department helped cover the code nurse’s other patients. I really liked the teamwork atmosphere.

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

I was a little nervous to go to the emergency department today but once I was down there, I enjoyed it. I am interested in working in the emergency department once I graduate. It was fast pace and you never knew what was going to come in next. I jumped from room to room but followed Sheila closely. She was very calm and kind with her patients. It was actually her last day, but I was grateful to have her show me around and teach me a bit of what she knows.