

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

I had an excellent experience during my clinical rotation on the medical-surgical unit. My clinical instructor and the nurses on the 8th floor were patient, friendly, and very supportive. They allowed me to do skills independently but provided me with helpful tips and advice to put my clients at ease and improve my delivery of client care. I was excited to have four clinical days in the emergency department because I want to work there when I graduate. The physicians in the ED were great. They allowed me to be in the room when they performed their assessments and answered my questions. The nurses explained the process from triage to discharge/admission. It was a completely different experience than the medical-surgical floor because you are not treating the client's condition. Instead, you are identifying it and stabilizing them so that they can either go home or be admitted to the hospital for care. I liked ED because I saw various disorders, from dehydration to a client who was having a possible stroke. It was a great learning experience because I could connect the information that I have learned in class to the treatments provided. For example, during my last ED clinical, the nurse and I took care of a client who had overdosed on acetaminophen. I knew that the antidote was acetylcysteine, which is what the doctor prescribed. Halfway through this semester, I was still nervous when giving medications or starting an IV. Now that I have spent the past 14 weeks doing these skills, I am more confident in my abilities, and I am grateful for that.

2. What are the things you learned?

I learned that nursing requires much more than knowing about medications, labs, and disorders. Being a nurse means that you must have compassion and excellent communication skills. Understanding your clients and going the extra mile can make a tremendous impact on their experience. For example, while caring for one of my clients, I took spare time to talk with her and help her ambulate multiple times postoperatively. She was grateful to get out up and moving because she is an active person outside of the hospital. While caring for her, she

expressed that she was concerned about having surgery at OSF because of things that she has heard about it. However, she stated that her experience was fantastic because the staff went above and beyond by having her room prepared and checked in often to make sure she was comfortable. Communicating with your client allows you to gain their trust so that they are cooperative with their treatment. It also allows you to get to know your clients so that you can identify ways to improve their overall health through education and community resources. I also learned that being a nurse can take a toll on you emotionally. For example, several clients were hospitalized for long periods or totally dependent on others for their care. While caring for these clients, I had to put on a brave face, but after leaving the hospital, I would think about them all night and several days later. I believe that nursing is not a career that you choose but a calling that you answer.

3. What are things you would do differently?

During this semester, I gave plenty of injections, passed a ton of medication, and started a few IVs. Performing these skills has given me more confidence than I started with 14 weeks ago. However, I have not done very much documenting. I wish that I would have watched the nurse document more and had he/she help me document myself so that I would have more experience doing it. Next semester, I plan on asking more questions regarding documentation and doing more of it myself.

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

Going to nursing school is one of the hardest things that I have ever done, and there have been times when I questioned if this is what I should be doing. However, because of the clients that I have met and cared for during this semester and how I felt while caring for them, I know that this is what I am supposed to be doing. I learned this semester how physically and emotionally demanding nursing can be, but also know how rewarding it is to care for others. I look forward to doing it many years to come.

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