

N321 Adult Health I

Clinical Reflection Form

Name: Lindsay Cox

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End of clinical Journal

1. Briefly write about your experience(s)

I really enjoyed my clinical experience this semester. I feel like I got to learn and see a lot of different roles that nurses play in healthcare.

2. What are things you learned?

I learned how to pass medications, how to cap and flush an IV, and administer injections.

3. What are things you would do differently?

I would probably try to look for more opportunities to insert an IV. I didn't get to do that during clinical, but that's okay.

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

My major take home is that being a nurse requires you to perform many roles and to think quick on your feet. I think I'm getting the hang of the former, but I need to get better at the latter.

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

I would like to mention that the care plans were more of a hinderance than they were helpful. They took a lot of time away from actually being able to learn. I feel like I learned more on the days that I didn't have a care plan. Not to mention, the nurses told us that they don't even use care plans the way we do. I just feel like it would be better to spend our time completing a care plan form that will actually prepare us for what we will be doing in our field. I understand the thought process behind why we do the clinicals the way we do, but when I enter the work field I'm going to be clueless about what I should actually be doing.