

N431 Adult Health II

Clinical Reflection Form

Name:  
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Clinical Rotation Site: Carle Foundation URBANA/ER

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

My experience in Carle's Emergency department was excellent because I can practice what I have learned in class. I experience how good therapeutic communication is vital when taking care of patients. I realized that the nurses have many responsibilities during the patient's care. They are not only taking care of the patient physically but providing emotional support. Today during I experience the nurse supporting emotionally two pregnant women, one woman who was crying because she had a miscarriage. The nurse also supported another woman, 26 years old, complaining of heavy vaginal bleeding for 28 hours. She is fear of not losing her pregnancy.

2. What is one thing you learned?

Before today's clinic, I did not know how the care in the ER could impact the patient's behavior. I thought that the patients do not stay longer in the ER, so building a binder between patient and nurse is challenging. Therefore, today's experience changed my thought. I met one patient who came in for abdominal discomfort due to addiction and overuse of marijuana. After talking with the physician and the nurse, she told us she decided to stop misusing drugs because she thinks her well-being is a priority. She asked the nurse to give her the phone number of the people who could help her. She verbalized a good outcome in the change of behavior. I conclude that even the care of the patient is short. Nevertheless, the nurse can do more to impact the patient's life positively.

3. What is one thing you would do differently?

I think in my next clinical, I will be able to start a new IV line. Today, I was able to practice placing an IV catheter on the human arm. I feel the difference between the manikin that we practice in school compared to an actual human vein.

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

Today's clinic gives me an idea that Benadryl is used as an antihistamine that helps relieve allergy symptoms and the common cold. They are used as fast-acting to reduce anxiety symptoms by helping the patient calm down and sleep. I observed that every patient was discharged with a printable education and instruction explained by the nurse before their

discharge. The nurse was paying attention to assume that the teaching was effective before sending the patient home.

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

Thank you for giving the student those opportunities to go to different units/departments. Compared to the last semester, all clinical were just in medical-surgical. The switching department allows students to learn new things.