

N431 Adult Health II

Clinical Reflection Form

Name: **Lindsay Cox**

Date: **10/27/21**

Clinical Rotation Site: **Wound Center**

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

**Today I shadowed a couple of different nurses at the Wound Center. I participated in admitting the patient, interviewing the patient, inspecting their wound, and discharging the patient. All of the nurses were wonderful and welcoming. However, Connie was the nurse that made the most impact on me. She made sure that I got to see different techniques and explained what they were for. I really feel like she did a thorough job of ensuring that I understood what their daily role consists of and how to provide superior patient care.**

2. What is one thing you learned?

**I learned that there is a mist machine that provides debridement therapy for patients who are more susceptible to pain. It was very interesting to see cool mist being utilized in removing dead or damaged tissue.**

3. What is one thing you would do differently?

**I would have asked more questions. I was nervous about asking questions because I didn't want to risk upsetting the patient. The nurses were all very informative, but I would have like to know more about the wounds specifically.**

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

**My major take home from today’s clinical experience is that diabetes is a serious condition that affects more than the body’s blood glucose. I’ve seen patients who’ve been noncompliant in managing their diabetes, but not to the extent that I saw today. Most of the patients were there because their uncontrolled diabetes prevented wounds from healing. There was a patient who has been receiving wound therapy for 2 years.**

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

**I would like to mention hyperbaric oxygen therapy. It was interesting to see the therapy compared to deep sea diving. The patient today needed 11 minutes to be able to “come up” from the therapy. I also learned that nurses must have special training for operating the machine. The nurse must know how to slowly administer oxygen, because too much too fast can cause the patient to have a seizure.**