

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site: Carle Foundation URBANA/CT8A

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

This clinical experience was a routine. I took care of the same patient that I had a month ago. The patient is a diabetic, obese, and hypertensive patient with a history of heart failure. During this clinical, I was able to hear crackles from a patient and heart murmur to a patient with an aortic valve insufficiency. The patient had a fluid overload with the signs of shortness of breath, edema, weight gain, and fatigue. She was receiving Furosemide to reduce the extra fluid accumulated in the body and lessen the symptoms. The patient was not able to actively reposition herself in the bed due to her condition. However, we were helping this patient every hour to get repositioned in the bed to avoid pneumonia and skin breakdown.

2. What is one thing you learned?

During this clinical day, I learned the importance of nursing education and teaching because this patient was in the hospital a month ago for SOB due to heart failure. During her hospital staying period, the resident was on fluid restriction of 1600 mL daily. However, the patient was not compliant because she requested to drink more water by stating that her medications made her feel thirsty. The nurse in charge gave her education on the importance of maintaining a healthy diet and fluid intake restriction. The patient came back to the hospital with the same chief complaint and symptoms. When talking on a clinical day, the patient stated that she could not reduce sodium intake in her diet as advised previously. She also claimed that she did not restrict fluids, control her blood sugar, or exercise regularly since her last discharge from the hospital. She claimed that she was lethargic for three weeks, so she did nothing to care for her health. Overall, I learned that reeducation and patient teaching are capital for the patient.

3. What is one thing you would do differently?

The thing that I can do differently is the use of support groups and home care. It looks like some patients need motivation from others to help them react positively to behavior and lifestyle changes. Home care could help the patient to receive quality care even when they are home. I will advise the patient to use a homecare service and educate her to insert into the support group in the community. The support group will help the patient learn how to manage anxiety and stay motivated to manage her chronic conditions.

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

I learn the importance of the nursing assessment in the nursing process. When we met the patient on a clinical day, she had SOB; her oxygen saturation was 91% with 4 L of oxygen. Suddenly, the nurse acted. We repositioned the patient with the head elevated at 90 degrees. The nurse increased the oxygen level to 5L and reassessed the patient. The nursing interventions were very successful, and the patient O2 level was up to 98%. I was happy to see how just repositioning the patient can significantly change the vital sign and make the patient feel comfortable.

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

Everything is going well with our clinical site and time. We are learning, seeing, and practicing what we learn in school.