

N431 Adult Health II

Clinical Reflection Form #2

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Clinical Rotation Site: Carle Foundation Hospital/ Urbana

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

Since the beginning of this semester, I'm having great time in my clinicals. My today's clinical experience was not less interesting because I had to provide care to 3 different patients. I had to do the unit round with my nurse turning and repositioning the patients, those patients who are dependent, high risk for fall, they are at bedrest and need to be repositioned and changed to prevent skin breakdown. I did physical assessment on patients, I passed meds oral and injections, and I assisted patients who need help with ADLs. It was an amazing experience interacting with the patients.

2. What is one thing you learned?

Although I did not provide care to a COVID-19 patient, my nurse who did, taught me that many COVID-19 is associated with electrolyte imbalance. She took care of two COVID-19 patients and both present lower serum levels of sodium, potassium, and calcium.

3. What is one thing you would do differently?

I need to improve my knowledge and incorporate new skills into clinical practice in order to improve the quality of care and meet my patient's needs.

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

As a nurse, advocating for the patients is part of my task.

I witnessed my nurse advocating for her postoperative patient who was on CPAP and the patient's O2 level was 91%. The nurse asked the physician to order the removal of the CPAP and put the patient on canula as the patient oxygen level was not improving. Although the physician first refused but the nurse administered the O2 through canula and increased the dose. Since the oxygen level remained the same, the nurse kept on calling the physician to order different diagnostic tests to find out why the oxygen is still lower. Another take home from this clinical is that nursing job is very stressful, and nurses have to develop strategies to help them deal with stressful situation when providing care to patients who are not improving.

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

In general, my clinicals helped me practice what I have learned in class but also helped me learn more new knowledge that I could only learn in clinical site. My nurses were very helpful as well as my clinical instructor; they facilitated my experiences in clinicals and helped me learn with hand on the patients.