

N321 Adult Health I

Clinical Reflection Form

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Journal

1. Briefly write about your experience(s)

During clinical I follow the nurse who is assigned my patient. I help pass out morning medications to as many patients as I can. I have done IV push meds, subcutaneous injections, and oral medications. I have watched a nurse start IV piggyback medications but did not start them myself.

The patient I am assigned, I take 7 am and 11 am vitals on and answer their call light when I can. I also give bed baths, help ambulate, and any other tasks within the scope of what I can do. I also will do a head-to-toe assessment on the patient and spend time in their room getting to know the patient.

2. What are things you learned?

I have learned how to do a more efficient head-to-toe assessment with practice and I'm starting to find my flow with the assessment. I have also learned how to use the EMR in a hospital setting. I have learned what pitting edema looks like in person and what crackles sounds like in a live patient. I also have learned how serious medical conditions can affect the family members and the patient.

3. What are things you would do differently?

I want to be more confident when doing my head-to-toe assessment on patients. I tend to be concerned if I'm bothering the patient by doing an assessment on them when maybe they want to be left alone. But it's important for me to practice doing them so I can see what key signs are for different conditions.

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

My biggest "take home" is to be more confident in myself and skills. I know more than I think I know but practicing it will help me learn more. Patients also enjoy having nursing students more than I realized.

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

I appreciate that the nurses at SBL are very helpful and are patient with showing us how to do different nursing skills.