

N321 Adult Health I

Clinical Reflection Form

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Journal

1. Briefly write about your experience(s)

My experience during this clinical has been knowledgeable and exciting. Going to different departments has helped me explore what I want to do in the future as a nurse. When I visited the OR, I learned things I wouldn't typically know if I was just on the med-surg floor. I learned about different types of surgeries, conditions, and how to care for the patients pre-op and post-op.

2. What are things you learned?

The things I learned in this clinical experience are mostly therapeutic communication. Interacting with different types of individuals can be difficult, but in this clinical experience, I have improved my communication skills.

3. What are things you would do differently?

The things I would do differently would probably be a lot more confident in interacting with patients and asking the nurses questions. I was afraid to put myself out there because I feared being wrong. Over time, I got a little more comfortable asking questions to expand my knowledge. As a nursing student, other nurses could be intimidating.

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

As I mentioned earlier, my major take home from my clinical experience would be therapeutic communication. Therapeutic communication is a vital part of being a nurse. Methods such as active listening, reflecting, and silence can make a difference in a patient's health and well-being. These various therapeutic communication styles can be used in any profession or field you want to go into as a nurse.

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

Overall, this clinical experience helped me become more confident in myself and as a nursing student. Helping patients and making a difference in their care is always something I look forward to, even if it's brief.