

N321 Adult Health I

Final Clinical Reflection Form

Name: Kati Davis

Date: Cinco De Mayo

Final clinical Journal

1. Briefly write about your experience(s)

*I believe in my midterm journal I elaborated on how much I was not learning at the time, and how much I felt that I was missing out on because of the weather days and the delayed week of clinical because of our instructor being out. I'm pleased to say this took a turnaround for the better. A lot of the work on the med-Surg floor was repetitive from the first semester but I need that, so I am pleased.*

2. What are things you learned?

*I learned how to be more confident with my fundamental skills. I learned how to take initiative on first semester skills such as baths, linen changing, and taking vitals. These all seem like simple skills, but they were skills I was timid about doing last semester simply because of the newness.*

3. What are things you would do differently?

*I would do more clinical rotations. I stayed on the floor a lot this semester mainly for comfort because I didn't want to fall behind with assignments... but next time, I will jump on opportunities to see different things.*

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

*I think my take-home is still the way I felt during mid-term. To just go for it. When the opportunity rises to do new things... go for it. I have horrid anxiety and the only way to get over that is just to do it.*

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

*I feared my clinical instructor and I would bump heads towards the beginning because I sensed a difference in personality types. I am so pleased to say it ended up being the complete opposite. He pushed and believed in each one of us, and I appreciate the time we had together in clinical.*