

Clinical Journal

The clinical journal is a reflective assignment designed to help you think through your clinical experience. This may reference lecture material as well, but the focus is on your interaction with the client(s) with whom you interacted during clinical. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

1. Reflect on the overall clinical experience.

Today's experience was different I went to the girls unit that accepts up to age sixteen. I got to participate in their school session which was nice. I also got to do some orthostatic vitals which were negative on the patient. I got to converse with the nurse and she is a CRNA who picked up a job here for three months.

2. Discuss how you communicated with the client. What communication techniques did you use? What did you notice about therapeutic communication in this interaction?

- a. I used active listening with the clients as they discussed their school lessons. I also used silence when the teacher was speaking and maintained eye contact and made gestures (nodding) to assure the teacher I was also participating in the conversations. I noticed that the clients had a lot to discuss and majority participated when the teacher asks questions.

3. Discuss what you think you did best during this clinical day.

What I think I did best is observe the patients each individually. I did well on communicating with the nurse and asking any questions I had. I felt a bit more confident on being able to open up and discuss with the nurse. I also did well on reading their charts and understanding why the patients are here.

4. Discuss what you think you might be able to improve in the future.

- a. I can improve on verbally participating more in what today's lecture consisted of. I could improve on speaking up as when school lesson started I did not get a hand out to go along with. If I had spoken up I would be able to follow along with the students activities as well.

5. While you were interacting with the clients, did you learn anything about yourself?

While I interacted with the patients I learned that some clients are not as easy to talk too. So I learned that about myself that I need to work on more therapeutic communication style as it is very important as to be able to converse with the patients. That is what I learned about myself during my clinical experience.

