

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site:

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

I had a great time shadowing the wound nurses. Two of the nurses that I worked with were nurse practitioners with around 13 to 15 years of experience working as nurses. My day began with me watching the nurse practitioners gather information about the patients they would need to see throughout the day. Gathering patient information took about an hour or so, but the nurses explained that it's very important to gather information on patients before entering the room. I was able to learn quite a lot from them. I was only able to see three patients because of time.

2. What is one thing you learned?

The nurse practitioner explained that they see patients ranging from older adults to pediatric patients. I learned that a lot of younger individuals come in with pressure ulcers or wounds that are related to diabetes. I learned that older adults usually come in with pressure ulcers that are a result of poor patient care at nursing homes. The nurses I worked with explained that the patients they see the most with wounds and pressure ulcers are teenagers. They explained that every month has its wounds that appear. In one month, you could see wounds related to nursing homes. In another month, you could see wounds related to drug use. In another month, you can see wounds related to other issues.

3. What is one thing you would do differently?

There is not much I could do differently from what I did during this clinical day, but maybe I would ask more questions about the wounds I saw.

4. What is your major “take home” from today’s clinical experience(s)?

My major take home from this clinical experience is that every specialty has ups and downs. But the most important thing that I will take from today's clinical is that personal health care is very important to avoid diseases such as diabetes which can lead to wounds that lead to amputations and further complications. I also learned that mental health is very important because patients with depression have a hard time taking care of themselves, so we're not just taking care of the wound but the patient because if we don't take care of their mental state, they could end up coming back to the hospital in the same situation or worse.

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

The RN nurse taught me about calciphylaxis, a disease in which calcium accumulate in small blood vessels of the skin and tissues. She explained that excessive calcium under the skin could cause painful skin ulcers, which can be very deep but on the outside might look like a scab. She explained to me that this disease has a 50 to 80% chance of survival and that the last three patients that they took care of that had this disease all ended up passing. Overall, I had a great time working with the wound care nurses. They were willing to teach me everything they knew, but because of time constraints, they could not. I would not mind learning from these nurses, and I am considering going into wound care as a nurse when I graduate.