

N431 Adult Health II

Clinical Reflection Form

Name: Angy Alvarado

Date: 02/21/2023

Clinical Rotation Site:

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

In my experience today, I was able to observe the nurses in the PACU. I observed patients after their surgeries and how they woke up after general anesthesia. The nurses I observed explained the routine when a patient comes out of surgery. The nurses also explained how they handle different situations and what they observe when assessing. I also got to talk to many of the patients after their surgeries and be able to help them through any anxiousness they were feeling. Overall, I had a good experience following and observing the PACU nurses.

2. What is one thing you learned?

During my experience, I learned how the body could respond to pain after a surgical procedure. For example, when patients tell the nurse they rank their pain at an 8 out of a 0-10 pain scale. The nurse can observe that by noticing that they have high blood pressure, heart rate, or body language. Noticing the vital signs is very important after surgery, and it helps understand more what is happening to the body and how it responds after anesthesia.

3. What is one thing you would do differently?

One thing I would do differently during my time at the PACU would be being able to be more hands-on. Being a student in a new setting is a little scary, and observing how cases just flow in is a little intimidating as well. I feel like I could have inserted myself more in the setting and asked the nurses how I could help them out more. I believe that my experience in the PACU was very helpful in understanding how important it is to be able to assess patients and keep your ABC's in mind at all times.

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

A major "take home" from this clinical experience is that being able to talk to patients can help them through any emotions they are feeling. Being comfortable and helping patients feel better about their situation can go a long way for them. During my rotation, I could help a patient by just talking to her. She had her toes amputated and after her surgery, she was feeling very anxious. I was able to listen to her and her worries and listen to some childhood stories and her

husband. At the end of her time in the PACU, she thanked me for helping her keep calm and her mind off the pain she was experiencing.

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

I had a great experience in the PACU, and some of the nurses I shadowed went to Lakeview. The nurses gave me advice on how to navigate the end of nursing school and the beginning of my nursing career. I appreciated their openness and advice. It gave me comfort and opened my mind to different opportunities that are open for nurses.