

N321 Adult Health I

Clinical Reflection Form

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Mid Term Journal

1. Discuss how you are feeling so far in clinical?
 - a. Right now, in this segment that I am in of clinical, I feel that I am exceeding my expectations of myself. I feel that this semester I have a better understanding of what my role is as a student nurse, and also the power that I have as a student nurse. With that being said, I feel that I have grown tremendously from last semester to now this semester. For example, in clinical last semester, I was terrified to even ask a patient for their vitals, but now this semester I will gladly take the client's vitals, order them breakfast, and in the meantime, ask them if they were able to receive any sleep. I know that I am only in my second semester of nursing school, but I truly feel as if I am really starting to emerge out of my shell this semester in clinical. I also like the fact that at clinical, I know that I have someone to rely on in case my nurse for the day is busy. I greatly appreciate having a clinical preceptor that enjoys teaching me all about nursing because in return, it makes me excited to learn. Clinical days are now my favorite days of the week because I love getting to apply what I learn in the simulation lab to the real world. Overall, I couldn't be prouder with myself of how I'm doing in clinical.

2. What have been good experiences?
 - a. My very first day of clinical, which was also the most nerve-wrecking day, turned into a day that I will never forget. I remember being told, "don't be scared, and try out your skills when you are given the chance to". I trusted those words on my first day of clinical in the emergency room, and I am so glad that I did. My first day of clinical was also the first day that I put in my very first IV. After inserting my first IV ever, I kept calm on the surface, but underneath my mask, I was grinning from ear to ear, because in that exact moment, I knew that I was going to accomplish great things. And to think that it all started from starting an IV. Inserting IV's was something that I practiced in simulation lab, and to be completely honest, I was not good at it. When inserting IV's in the simulation lab, I was always nervous, would forget my tourniquet, or even forget simple things like figuring out how to put the tape on the IV site. But, one thing that I did remember on the first day of clinical was that voice telling me to go for it, and take my chance. I'm so glad that I decided to listen to that voice, and trust myself because now everyday of clinical I treat it like my first day of clinical.

3. Have there been any bad experiences? Could be you nervous about a skill or communication?
 - a. The only bad experience that I have encountered thus far, has been with a nurse that I was with for the day on the floor. Throughout the day, my nurse had made little comments here and there about having a student, so I tried my best to stay out of her way, but yet still get all of my work done that was necessary. I knew that I was there to learn, but I also knew that maybe she had a difficult week, and maybe just was not in the mood to have a student. My nurse did make a comment to the rounding physicians that; “she was not able to get a direct physical assessment on the patient due to a student being in the room the whole time”. This statement that she made did not necessarily agree with me, but I also know that in instances like this, it is better to not say anything than to fuel the fire to this situation. In the end of that situation, I took away that in stressful times when I’m a nurse, I would try my best to fully communicate with my peers, including students. I will also abide by the golden rule of: “do to others as you would want done to you”.

4. Do you need to talk with anyone in private to discuss clinical?
 - a. I do not believe that I need to talk with anyone in private to discuss clinical. If anything, it’s just like all of my other classes. There are the same two people that are being disrespectful to my peers and myself and they don’t care at all. In fact, the students that are consistently being mean to other students play it off, as it’s some type of game that they’re playing. What these students need to realize is that they are in nursing school to learn, and not to make fun of other students.

5. Is there anything else you would like to mention?
 - a. The only other thing that I would like to mention about clinical is that I really like the idea of the rotation schedule. Last semester I found myself dreading coming to clinical because it was consistently feeling like I was doing the same exact thing every single week. This semester for clinical, I feel that I am able to help on so many different levels of the hospital, and see many different types of patients. I am extremely fortunate that we are able to rotate throughout the hospital with this semester.
 - b. If there is something that I am lacking at clinical, or a skill set that I am not quite comprehending, I would rather be told in private sooner, rather than later, so that I can fix that problem from the beginning, and then build on that, so that I will not make that mistake again.