

N431 Adult Health II

Clinical Reflection Form

Name: Angelina Thomas

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Clinical Rotation Site: Inpatient Wound Care

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

Visiting wound care was very interesting. I was able to see wounds in different stages and ask questions about the process of healing to the wound care staff. Though, I do not see myself joining wound care as a future career. I do understand how a professional can row a love for wound care, because with understanding the different stages of wound healing it may be exciting if there is progression in the right direction. During my wound care experience, I was able to be hands on with cleaning and providing a dressing change. I was able to assist the wound care nurses with asking necessary questions about patient compliance. I was also able to engage in laughs and jokes with the patients about how their wounds began. Though, I did not laugh with the patients to make them feel uncomfortable, I did give the patient's a safe space to express how they felt about their wounds. Whether the patient was hiding their frustration about their wound, or simply are unbothered by their wound, I was present to listen and engage when it was appropriate and needed.

2. What is one thing you learned? I learned that packing a wound with gauze or packing agent can shorter the wound healing time.

3. What is one thing you would do differently? I would ask more questions.

4. What is your major "take home" from today's clinical experience(s)? Watch my diet and nutrition to not develop diabetes, as diabetes can slow wound healing.

5. Is there anything else you would like to mention? Not at all