

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site: Pain clinic

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

I had a great time shadowing nurses at the pain clinic today. They first introduced me to the procedure rooms and explained to me what kind of procedures are done. I shadowed the doctor and nurses during all three procedures. Before the first procedure, the nurse explained how the procedures were done using a model of the lower spine. The doctor was very friendly. He allowed me to watch closely to examine everything that was happening. He stated that the best thing for nursing students to do during their shadowing experience in the pain clinic is to practice IV insertions as often as possible. After shadowing 3 procedures, I was sent out to perform IV insertions. The nurses at the pain clinic were rooting for me to insert IVs successfully. They were willing to teach, and we're happy that I was there and willing to learn from them. They were very excited when they heard I had inserted 3 IVs successfully.

2. What is one thing you learned?

Before shadowing the pain clinic, I needed clarification about why the hospital has a section or department just for pain. My understanding of pain is that all kinds of pain can be resolved with pain medication, but I learned today, when I entered the pain clinic, that not all pain can be treated. When I first arrived, the nurse that I was with explained that not all pain could be treated with pain medication. Some individuals may need procedures such as Radiofrequency ablation to control pain. The doctor explained that it is a form of treating pain but doesn't treat pain because it only disguises the problem. The procedure provides patients pain relief lasting for six months, a year, or even two years.

3. What is one thing you would do differently?

One thing I would do differently is to ensure the patient is poked once. I can ensure that the patient is poked once by ensuring that I have the perfect location and that my tourniquet is on. I can also ensure palpate and visualize the vein if I can. If the vein is rolling like the one I missed today, I will spread the skin around it to ensure it doesn't roll away.

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

My major takeaway from my clinical experience is what I learned about pain. I learned that pain could be treated with radiofrequency ablation by destroying the nerve and stopping the signal to the brain. Another major takeaway from clinical today is the importance of showing nurses at the clinical site that you are willing to learn and try when opportunities are presented. When the nurses saw that I was willing to try IVs and I was excited to do IVs, they were more motivated to find patients willing to allow me to perform IVs. We get what we put into the clinical experience.

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

I enjoyed my clinical experience at the pain clinic. During the first hour, it was slow, but when things started moving, and patients started showing up, things got much better. I enjoyed learning about the radio frequency and watching the nurses and doctors perform each procedure. The nurses wanted me to learn as much as possible with the time I had for clinical. One of the nurses that showed me how to do IVs gave me a good understanding of what to look for when performing an IV insertion. After learning from her how to perform an IV, I was able to perform IV insertions with minimal difficulty. I was able to perform three IV insertions out of four tries. I was proud of myself, and the nurses were proud of me. Everyone at the clinical site was eager to let me try IV insertions and was willing to teach. I had a great experience at the clinical site because the nurses at the clinical site were great.