

N431 Adult Health II

Clinical Reflection Form

Name: Noredia Asia

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Clinical Rotation Site: Pain Center

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

This was a really informative experience learning from both the physician and nurses. Today, I watched patient's go through an admission process into the pain center, prepped from the procedure and I also watched about 6 procedures. I helped the nurses insert IVs and hang fluids for the patient's during the procedure. I helped the nurses transfer the patients onto the procedural bed and when the procedure was over, I transported the patient back to the room.

2. What is one thing you learned?

One thing that I learned was that not all patients were sedated when they go through certain pain relief procedures. I learned from the doctor about the different points accessed with needles on the lower portion of the spine with the help of models.

3. What is one thing you would do differently?

One thing that I could do differently could be to help assist the nurses when changing the bedding after each patient's discharge. There were some down moments after I left the procedure rooms and this could be a great and helpful pastime.

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

My major lesson learned from this clinical experience is that pain relief is very important for patient comfort and when it is not relieved, the frustrations from people can come in many forms. I was listening to the charge nurse explain a situation about a patient who verbally degraded a staff nurse on the phone calls because the high level of pain that the patient was experiencing would interfere with an important upcoming family occasion. That nurse was traumatized and a relative of the patient had to apologize on their behalf. Hearing this was shocking but made me more prepared to understand different appearances of patient frustrations when dealing with pain.

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

The nurse manager was very inspiring to be around. She was very kind and calm when dealing with staff and patient concerns.