

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

During my time at my clinical rotation, I followed the nurses in different units and different specialties, gave me an idea of how working as a registered nurse looks like. There are units that I like more than I like the others, which is one of the good things about rotations- so that us students can pick a specialty that suits and interests us. This clinical has been a big help and applying classroom knowledge to actual field is a great learning opportunity.

2. What are the things you learned?

I learned to develop my nursing skills such as giving medications, inserting IVs, and inserting foley catheter. I also learned critical thinking skills and prioritizing skills where the nurse prioritizes tasks from most to least important, building rapport with patients, and being able to be a team player.

3. What are things you would do differently?

In a past pace clinic like emergency department, I feel that I was not fast enough, or I don't know enough about patient's medical condition given that I don't have time to look up or study their condition. I would ask more questions and talk to patients more to become more confident in social interaction skills.

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

A major lesson that I learned from the clinical experience is that everyone should take care of themselves and stay healthy because most of the factors that puts the patients at risk of a disease is modifiable factors.

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

Thank you for our professors- Prof. Brassard and Prof. Henry.