

Jessica Tillman

LCN

N323/C323 Mental Health

Professor Irelan

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Clinical Journal

The clinical journal is a reflective assignment designed to help you think through your clinical experience. This may reference lecture material as well, but the focus is on your interaction with the client(s) with whom you interacted during clinical. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

- 1. Reflecting on the overall clinical experience:** I feel as though this clinical experience allowed me personally to grow an understanding of how a dedicated mental health unit runs on a daily, hourly, and minute to minute basis. I feel more comfortable and prepared for engagement of clients that are battling a mental health care crisis. I also feel like I can assist clients facing these battles with a more understanding mind frame and nursing ability.
- 2. Discuss how you communicated with the client. What communication techniques did you use? What did you notice about therapeutic communication in this interaction:** Communicating with clients during the last few clinical days grew from feeling very uncomfortable to speaking to the clients with confidence and understanding. I used techniques in the assessment that included sitting down face to face on the same level to assist the client to feel comfortable while we held a conversation rather than the client feeling like I was standing over them. I noticed that when providing therapeutic communication with the clients they are more accepting of the interactions with nursing students, and you gain a sense of client/nurse trust that would not be there if therapeutic communication was not utilized.
- 3. Discuss what you think you did best during this clinical day.** I performed an Ambify injection for a client that will provide a month's worth of coverage so the client will not have to take the daily form of the medication. I feel like I prepared the injection and successfully administered it with confidence. I also feel like I was able to interact with clients in a professional manner that also allowed the client to feel genuinely care for as a person and not just as a client.

- 4. Discuss what you think you might be able to improve in the future.** Just simply building my confidence will be the largest improvement I will make during clinicals, school, and my nursing career as a whole. I feel more comfortable when engaging clients and administering medications. I also feel more comfortable when addressing or assisting the staff at the clinical site.
- 5. While you were interacting with the clients, did you learn anything about yourself?** I learned that sitting down and having conversations with clients or playing a board game provides the client with a comfortable setting allowing them the ability to be open and interact with students. This allows the client the ability to have some “normalcy” like in their daily lives outside of being hospitalized. Clients in this setting experience the normal stigmas from staff and people outside of the hospital and appreciate being treated with respect and understanding. Anyone can experience one bad day, once bad choice, or one bad situation that ends with an admittance to a mental health facility and sometimes its only once and other times it happens multiple times our goal is to provide care that allows the client to obtain a stable mental health status and a plan to maintain that status once they are discharged. I enjoyed this clinical and learned so much that will benefit me not only personally but also professionally.