

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site: PACU

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

Today's clinical was a new and exciting experience for me. The first thing I noticed was the new ways of doing surgical procedures. They are very different from those done ten to fifteen years ago. Machines are much more involved in surgical work. For example, one of the patients in PACU had a robotic removal of an abdominal hernia. Also, the surgical procedures cause minimal damage, and recovery is much faster than before. Today, I worked in PACU Phase 1. The PACU Phase 1 is where the patients were brought directly from the surgery to be treated for pain, nausea, and other postoperative problems. Their vitals were checked every 15 minutes. At this point, patients recuperate and wake up. This recuperation would take 15 minutes up to 1 hour, depending on a patient's medical problems. The recovered patients are taken to Phase 2 PACU, where they are further checked up and helped to get ready to go home. Many of the patients can go home just several hours after surgery. Patients who need more time to recover will stay in the hospital to be monitored.

2. What is one thing you learned?

I learned that for the postoperative patient, it is essential to start breathing independently. To check for that, a nurse should auscultate the patient's lungs for normal breathing and look for fog in the patient's mask. Oxygen saturation is not a good indicator that the patient can breathe independently. When breathing is established, the patient no longer needs the mask.

3. What is one thing you would do differently?

I would not do anything differently because the nursing students in PACU are only allowed to observe and ask questions. That is correct, and I understand it. Observing is enough to learn new things about the postoperative care of surgical patients.

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

The primary "take home" from today's clinical is quite positive. The nurse I shadowed was open to questions. She readily explained everything I asked her. I also helped her with comforting the patients. That gave me some confidence, and I felt accepted as a part of a team.

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

Clinicals are good education. They give me some sense of reality. Clinicals always teach me something new and show me how much more I have yet to learn.