

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site: Critical Care Unit

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

I was on the critical care unit for clinical. I had two patients that I assisted with during my clinical time. I had a patient with alcohol induced liver failure and a patient with uncontrolled diabetes and seizures. I was able to assist the nurse in providing medications, repositioning the patient, providing NG tube care/suctioning, and removing a PICC line. The nurse was very educational and provided very beneficial information. During rounding the providers confronted the family regarding the patient's chance of survival and status. The providers were very professional, but very honest regarding the patient's status. The family was receptive and appreciated of care. I found it very sad to experience and listen to the rounding report.

2. What is one thing you learned?

I learned how strong the liver is, but how fast the body can truly shut down due to inadequate treatment. I know that the body systems all run together, but the alcoholic behavior impacted the liver and slowly began to shut down the other body systems. The patient was admitted for three days and was put on life support. The body immediately began to shut down and organs began to die. It was alarming how quickly this can truly happen. I learned the impact that certain damage does to one organ can truly impact every other body system.

3. What is one thing you would do differently?

I don't think I would do anything differently. I would like more ability to access NG tubes, because I was not as familiar with the different types. I was still able to administer medication via the NG tube. The nurse was very assistive and informative during this and made me feel comfortable administering medication. I suppose I could say I would like to know more about NG tubes and the administration of medication via this route.

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

My major "take home" from my clinical experience is that I think people should be better educated on the impacts of alcohol and uncontrolled diabetes. I think people think alcohol is an enjoyable experience, and it may be in moderation. However, alcohol is extremely harmful to the liver and other body systems. I think people do not take diabetes seriously either. The patient

with uncontrolled diabetes was intubated and having seizures due to not properly managing their condition. I think alcohol use and diabetes should have more informative and serious education provided to patients. I also was able to learn more about intubation and life support management. I was able to “take home” the knowledge and expectation of intubation and the length of time patients may need this treatment.

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

I do not have anything directly to mention. I enjoyed my clinical experience. The nurse I was assigned was very polite, informative, and encouraged me to administer medications and provide care. It was refreshing to have such an inviting nurse.