

N321 Adult Health I

Clinical Reflection Form

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Date: 4/16/2024

End of clinical Journal

1. Briefly write about your experience(s)

My experience with clinical this semester was nothing but positive. I enjoyed cycling through different areas of the hospital, especially, OR and ER. It was helpful to see the different options and speak with people who work in those areas. The DEU was nice as I was able to practice many medication skills, such as hanging IV bags, pushing medications, and giving oral meds, as well as touching up on my assessment skills and learning how to manage a nursing workload. Jenny, my DEU preceptor, was kind and knowledgeable. She allowed me to practice skills and didn't make me feel bad if I didn't know how to do something or had questions. I was able to do many IVs in the ER, which was helpful for my confidence. Professor Henry was a fantastic clinical instructor and was willing to answer any questions we had. I feel I learned a lot because of her. Overall, I had a great clinical experience this semester.

2. What are things you learned?

I learned basic skills, such as IVs, medication administration, and improved assessment techniques. I learned a lot about different disease processes and how the treatment looks based on the patient and their history.

3. What are things you would do differently?

I would seek out extra learning opportunities. Even if they are not skills we learned this semester, I would have liked to have watched them as a learning experience. There were a couple of skills that I could have done, such as inserting a foley, that I was too scared to do, so I ended up watching. I wish I had faced my fears and performed those skills so that I could be more confident in them.

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

My major take-home is to not be afraid to ask questions or ask to perform skills. For the first few weeks of the semester, I was too anxious to ask to do IVs or ask why a nurse was doing something. I think this semester helped me understand that it's okay to not know things, and it's okay to ask for help.

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

No, I felt like these questions covered everything. I really enjoyed this class and clinical and I am thankful for you all! I learned a lot and feel like it gave me a great foundation.