

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

I had a great time at OSF this past clinical rotation! I absolutely loved that we had the opportunity to rotate to different departments of the hospital and I was able to figure out that I really enjoyed ACU and PACU. I also had a lot of opportunities to practice skills like giving injections, starting IVs, and passing medications. Pretty much all of the nurses that I shadowed were super nice and very willing to teach me things. I got to practice the most IVs in ACU and ER and pass the most medications on the MedSurg floor.

2. What are things you learned?

I learned a great deal in ACU. The nurses there did an AMAZING job helping to teach me how to put in IVs. This really helped give me the confidence to continue trying them this semester. I also learned a great deal in the ER from Sami, who showed me how to triage a patient, how to chart it, and how they are ranked for priority of care. On the MedSurg floor, Jasmine taught me a lot about different medications and helpful tips on how to plan patient care in an efficient way.

3. What are things you would do differently?

The biggest thing I would do differently going forward is to take more initiative. There were a few times in the ER where I found myself sort of standing around a lot and not sure what nurse to follow, but looking back I should have just taken the initiative to start following nurses and seeing what I could help with. I also should have taken more initiative on the MedSurg floor to perform more physical assessments. I still need a lot of practice with identifying lung sounds and just continuing to improve my physical assessment skills so I want to be better about doing more assessments on patients even when it isn't assigned to me to do so.

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

My major take home experience from this clinical experience was that there are so many different job options for nurses even within the hospital itself and it has made me really excited to continue getting more experience and finding what part of the hospital is the best fit for me. I

also have gained a lot of confidence this semester now that I have seen that I can be successful starting IVs and passing medications and I think this will really help me continue to be successful in future clinicals.

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

I love that we did rotations to different sites this semester.! If there was a way that we could see even more rotation sites that would be awesome, like maybe even a convenient care clinic.