N321 Adult Health I

Clinical Reflection Form

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End of Clinical Journal

1. **Briefly write about your experience(s)**

- Overall, I had a great experience with clinicals on 3 East at Sarah Bush Lincoln Hospital. I got to see a variety of patient diagnoses, medications, and nursing care. I had very pleasant patients as well, which always made the experience that much better. I got to assist the nurse in pulling medications, scanning, educating, and administering. I also had the capability of doing a few focused assessments on my patients to use in the completion of my care plan and concept maps. I educated patients on how to properly use assistive devices, as well as mechanics for safely transferring from bed to chair. I also had a great experience in observing different areas of the hospital such as PT, RT, and Radiology. I was able to listen to a lot of adventitious lung sounds following along with RT. In PT I had the opportunity to witness a patient have mold on their feet and have insoles made due to their feet being irregularly flat. I also observed a bariatric surgery candidate going through the screening process to qualify for surgery. Then with Radiology, I had a great experience seeing a patient have a paracentesis of their abdomen!

2. **What are things you learned?**

- I learned a lot about the routine of a nurse working on a med/surg unit. I was already familiar with this, due to having healthcare experience; however, it was a great experience being able to see how they chart, assess, and care for their patients. As I previously stated, I gained more experience and learned how to pull medications, scan them in, educate, and administer them to patients. I learned a lot about nurse-to-doctor communication. Frequently throughout the day, I observed my nurse preceptors updating me on changes in status, requesting new orders, and just general conversation with the attending hospitalists. I also learned a lot from PT, RT, and Radiology as previously stated, since I was not as familiar at all with those units.

3. **What are things you would do differently?**

- I suppose if doing things differently I would try and be even more engaging than I already was. There is always more room for improvement in the level of confidence and given the opportunity again I would try and take advantage of learning as much as I could. I think it also would have been very beneficial to have rotated in Pre-op or ER so that I had an opportunity to start an IV.

4. **What is your major “take-home” from clinical experience(s)?**

- My major “take home” from clinical experience is that I still have a lot to learn to become the well-rounded nurse I want to become. I felt as if my past hospital experience has greatly prepared me for my career in nursing; however, I need to continue working hard in learning and practicing my skills. Nursing is different on a day-to-day basis, but the skills and knowledge are a lifetime of learning. Even some of the more “seasoned” nurses on the floor would come across things they were not familiar with and would have to utilize their resources to look them up.

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

- I thought all my preceptors were great and very helpful in guiding me through various nursing processes, in addition to giving me excellent clinical advice!