

N431 Adult Health II

Clinical Reflection Form

Name: Brittney Burns

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Clinical Rotation Site: PACU Phase II Recovery

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

Today, I followed a patient from post-surgery to discharge after a total knee replacement. I administered Ancef and Tranexamic Acid. The patient was kind and receptive to education, knowing what to expect after the surgery. I emptied the JP drain and taught the patient's husband how to do it properly to reduce infection risk.

While the nurse I was shadowing became busy assisting another patient, I spent time talking with the patient to help reduce her anxiety. She shared that she was afraid of needles, and the sight of blood made her uneasy. We also connected over the fact that her daughter is in nursing school.

Additionally, I assisted with a post-D&C patient. Overall, it was a productive day.

2. What is one thing you learned?

I learned how to properly instruct a patient using an incentive spirometer; it was a matter of blowing out rather than pulling in. I also gained confidence in mixing medications and administering push IV medications, ensuring accurate preparation and delivery. I also learned

how to stay calm and reassuring when dealing with an anxious patient, understanding that clear instructions and a composed demeanor can significantly alleviate their fears and improve their overall experience.

3. What is one thing you would do differently?

One thing I would do differently is to try to anticipate the patient's needs more proactively, especially regarding their fear of needles and blood. Had I been more confident, I would have suggested more consolation efforts beforehand, such as reassuring others or offering distraction strategies when anxiety levels are likely to rise.

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

The most important lesson I learned from today's clinical experience is how crucial patient education and communication are to lowering anxiety and enabling patients and their families to take an active role in their post-operative care. Establishing trust, fostering a caring relationship with the patient, and assessing emotional needs will significantly improve their recuperation process.

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

Attending a clinical with nurses who graduated from Lakeview was energizing. They were encouraging and provided insightful guidance and pointers on enhancing self-assurance, which will strengthen the nursing process—particularly for student nurses—my time in Phase II recovery of the PACU proved quite satisfying. Mia and Jonathan were both excellent.