

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site:

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

Today was a good day. I was down in the pain clinic and had many opportunities to practice my IV starts. I truly enjoyed having this clinical rotation. I felt like every nurse that I had talked to on this unit was jealous because they wish they did a clinical rotation to just practice IV starts while they were in nursing school. They were all so welcoming and patient with me as I had little experience before this rotation.

Overall, the clinical experience at Sarah Bush has been great. The nurses have been very receptive to students, understanding that they were all here one day. I feel like this clinical rotation has helped me gain confidence in my clinical practice abilities.

2. What is one thing you learned?

One thing that I learned today was that it is okay to not get an IV the first time. It takes practice. I made sure to not get down on myself or scare myself away from trying again. It made me realize that each patient really is different. Some clinical practices might be easier on one individual than the other. If we keep practicing, then it will become easier. Do not get discouraged. This does not just go for IV starts, this goes for all new clinical experiences. We are not going to learn if we are not introduced to it or try multiple times.

3. What is one thing you would do differently?

One thing that I would have done differently knowing that I was going to the pain clinic was review IV start administration. I had only successfully completed an IV on a patient twice before today. I think that I would have been less nervous on my first patient if I had reviewed the steps of administering an IV. But my nurse was right by my side walking me step by step. After the first patient, it became second nature, and I ended up starting 8 IV today.

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

My major "take home" from today's clinical experience was that every nurse has been in my shoes. They understand that being a student can be nerve racking. But if you have the right support system, and people around you that want you to learn, we can be successful.

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

Nothing else I would like to mention. I really have enjoyed this clinical rotation so far. And I just want to suggest keeping the pain clinic as a clinical rotation. We have not had that many opportunities to start IV outside of this clinic. I feel confident in my ability to start an IV now that I have had more practice on real people.