

N431 Adult Health II

Clinical Reflection Form

Name: Xitlally Bonilla

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Clinical Rotation Site: CCU

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

- a. My time at the CCU rotation was very calm. The nurse I was shadowing only had one patient for much of the time I was there. The patient was in for a spinal cord injury that happened when she fell while she was gardening. The accident resulted in her losing strength in almost all her extremities. The day was spent giving her medications as well as doing neuro and musculoskeletal checks on her. During the last hour of my rotation, my nurse had to admit a new patient, and I got to see the admission process.

2. What is one thing you learned?

I learned how the admission process is for a patient entering the CCU. This new patient had gotten out of a partial craniotomy for a meningioma. I saw how the nurse assessed the patient and everything that happened during the admission, which wasn't as much as I thought it would be.

3. What is one thing you would do differently?

- a. My nurse inserted a Foley catheter for the patient with the spinal cord injury, and I wish I had asked if I could have done it, but I was afraid to speak up. The nurse required two additional people to assist her to keep the patient's legs open because she had intense muscle spasms, so I was able to help in some way.

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

I know this doesn't apply to nursing in any way, but my major "take home" from today's clinical experience is to choose your husband/life partner well because you truly need someone to be with you in health and in sickness. My patient with the spinal cord injury had the most caring and sweetest husband. He was there by her side the entire day and was quick to help her and care for her in any way. For example, when we were giving her medications, he stood there by our side with the water cup ready to let her sip water so she could swallow the pills. They were the sweetest couple, and they were nice to work with.

I guess my other “take home” would be not to be afraid to ask to do something because, truly, the worst thing that can happen is that they will say no, which is okay.

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

Not really; I had a good rotation at the CCU again.