

N321 Adult Health I

Clinical Reflection Form

Name: Benjamin Ruettiger

Date: 04/25/2025

End of clinical Journal

1. Briefly write about your experience(s)

I had an exceptional experience during my Adult Health I clinical. I had many opportunities to practice my nursing skills, exercise clinical judgment, and work on a healthcare team.

2. What are things you learned?

I learned to be confident while performing nursing skills and learned to trust my judgment in the clinical setting.

3. What are things you would do differently?

Honestly, I would not do anything differently. I had a really great experience, and I feel lucky that each day I was there, I had so many unique experiences.

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

My major “take home” from my clinical experience is to continue practicing skills and always learn from those with more experience than me.

5. Explain how you meet the course outcomes

Utilize clinical judgment to begin prioritizing nursing actions that promote positive patient outcomes.

I met this by prioritizing my precepting nurse's patient load and giving them my thoughts on what to do first regarding patient care and medication administration.

Apply pathophysiology to provide safe, evidence-based nursing care to patients with common acute and common health conditions.

I met this by writing numerous pages of pathophysiology on each of my care plans.

Describe culturally competent care to adults by discussing care and empathy during interactions with all patients, families, and significant others.

I met this by maintaining respect, open-mindedness, and professional communication with patients, families, and significant others.

Differentiate appropriate communication skills and professional behaviors in interactions with patients, nursing team members, and the interdisciplinary healthcare team.

I correctly differentiated appropriate communication skills by taking each individual moment into consideration, and correctly using professional skills to navigate those moments.

Provide patient education to promote health and prevent illness.

I met this outcome by providing education on a urinary tract infection and making a teaching plan for the interaction.

Perform intermediate nursing psychomotor skills for safe, quality patient care.

I met this by providing adequate, appropriate, and safe care for each of the patient's I was assigned to during clinical.