

N321 Adult Health I
Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

I enjoyed the OR and witnessing surgeries. I also enjoyed some of the med surg time when I was able to perform some of the skills like IV and catheter placements.

2. What are things you learned?

I was able to practice skills and hone my confidence in performing them. I learned a lot about the procedural aspects of modern surgery and the emergency department as well.

3. What are things you would do differently?

I wish there had been more time to perform skills, and less of an emphasis on the careplans. I feel those have become very bloated and constitute too much of the time and grade. I think this may be one of the biggest areas in need of reconsideration in LCN's entire program.

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

The process of how things are done in an OR or ED.

5. Explain how you meet the course outcomes

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

Some clients have numerous aspects that need to be tackled, and it can be a complex process of determining what needs done first and how to accomplish all cares needed. I had a 90+ year old man who was retaining urine, had an infiltrated IV, needed breakfast, wanted to have a bowel movement, and hadn't had meds yet. Accomplishing all of these took most of the morning.

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

Understanding that urine retention can lead to a UTI helped me and my nurse to prioritize the clients need for catheter placement in the above question.

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

One client I had was aphasic and could not speak. He came from a poor family and relied heavily on his family members. Providing quality care to this client required consideration of his socioeconomic background and involving his family members.

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

Working in hospitals before I have an understanding of the importance placed on elements like "stopping the line", "repeating back", and asking "clarifying questions". These are all steps take to minimize misunderstandings and discrepancies in the ways people speak, and promote accurate understandings.

Provide patient education to promote health and prevent illness.

My top tips would be to chose a regular physical activity you enjoy and attempt to engage in it several times a week for atleast 30 minutes at a time. As well as prohibiting yourself from eating drive-through food and anything from a can when you can. Lastly, if you're a smoker, quit!

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

I appreciated getting good practice on performing sterile techniques like catheterization. As well as recognizing that in the real world sometimes it can be very challenging to maintain this perfectly.