

## N321 Adult Health I

### Clinical Reflection Form

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End of clinical Journal

#### 1. Briefly write about your experience(s)

I feel that I have had some great clinical experiences this semester. I enjoyed being able to watch surgeries in the OR during my rotation in the PACU. It was interesting to see how everyone works together in the OR during surgery. I enjoyed being able to see the care provided to the patients after their surgeries in the ACU. My favorite thing I saw while in the ACU was a phlebotomy. I enjoyed being able to experience the fast past environment while being in the ER. Finally, while on the DEU, I enjoyed being able to give medications. In all of these locations the nurses were very helpful in explaining information and giving tips for when I become a nurse. I also didn't mind the 12-hour shifts, as this showed me what to expect when I start working as a nurse. Along with the nurses, my clinical professor was very helpful and supportive throughout the whole experience. Overall, I enjoyed my time spent at OSF during my Adult Health 1 clinical.

#### 2. What are things you learned?

Throughout the time spent at my clinicals, I have learned many things. I have learned how to do things more confidently and smoothly. I have become much more confident when giving medications with all the practice and help I have received. I learned the process of phlebotomy which I find very interesting. I have learned how to listen to heart and lung sounds better, as well as become more comfortable in recognizing any wheezing and crackles heard in the lungs. I learned how to complete an IV on a person, which is much different than the mannequin in lab. Overall, this clinical semester has taught me to be more comfortable while working with patients. It has also helped me learn how to better communicate with patients, as only experience can help people further grow.

#### 3. What are things you would do differently?

If I could do things differently, I would go back and be more open to performing skills on patients. At the beginning of the semester, I was nervous and often let my other classmates

perform the skill. Now that I am more comfortable, I wish I would have performed more skills while at clinical.

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

My major “take home” from my clinical experience is to get out of my comfort zone and not to be afraid to do new things. Mistakes will be made but the only way to learn is to practice and learn from the mistakes made.

5. Explain how you meet the course outcomes

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

It is very important to be able to prioritize certain nursing actions based on what the patient needs most. I utilize my clinical judgment to allow me to make these decisions efficiently.

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

I apply my knowledge of pathophysiology because it is important to know behind common acute and common health conditions to be able to understand how it may have been contracted. This can help with prevention teachings and help determine how to treat the disease.

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

I explained the importance of implementing culturally competent care to be able to allow patients to receive the best quality of care that revolves around the autonomy of the individual and their needs.

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

I used appropriate communication skills and professional behaviors during interactions with the patients, nursing team members, and interdisciplinary healthcare team in order to prevent miscommunication and ensure efficient communication.

Provide patient education to promote health and prevent illness.

By providing patient education, I can help the patient understand more about what is happening to them. I can also encourage the patient to want to treat and prevent their conditions.

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

I ensured safety by taking all measures when moving patients, administering medications, and providing privacy.