

## Reflective Journal

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This week in Adult Health I, we focused on the endocrine system, which helped me understand how hormonal imbalances can affect many body functions. Learning about disorders such as diabetes mellitus, hypothyroidism, and hyperthyroidism gave me a deeper appreciation of how complex the endocrine system is and how small changes in hormone levels can have significant effects on the body. I learned how to recognize common signs and symptoms of endocrine disorders, such as fatigue, weight changes, heat or cold intolerance, and changes in skin or hair. I also reviewed important nursing interventions, including monitoring blood glucose, medication administration, and patient education about lifestyle management.

Through this topic, I strengthened my ability to connect pathophysiology with clinical care. I realized how important it is for nurses to assess for subtle changes and to educate patients about the importance of medication adherence, diet, and regular monitoring. I also gained more confidence in interpreting lab values, such as thyroid levels and glucose readings, to identify when something is abnormal—this week reminded me that nurses play a key role in helping patients manage chronic endocrine conditions through education, support, and consistent follow-up. I am motivated to keep studying this system because it has such a big impact on overall health, and understanding it will help me provide safer and more holistic care in the future.