

Reflective Journal

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This week in Adult Health I, I focused on the cardiac and respiratory systems, which helped me understand how these systems work together to maintain oxygenation and perfusion. Learning about the cardiac system, including interpreting EKGs, was especially valuable. I practiced recognizing sinus rhythm and learned how to identify changes that may indicate arrhythmias. This experience strengthened my confidence in reading EKGs and connecting the findings to patient assessment, such as vital signs, symptoms of chest pain, or shortness of breath. I realized how crucial it is to quickly recognize abnormal rhythms to prevent complications and provide safe patient care.

In addition, reviewing the respiratory system reminded me of the importance of assessing lung sounds, oxygen saturation, and respiratory patterns. I practiced connecting respiratory assessment findings with potential underlying conditions such as COPD, asthma, or pneumonia. I also reflected on the significance of patient education, including breathing techniques, inhaler use, and lifestyle modifications, to improve respiratory function. Overall, this week emphasized the need for a holistic approach, considering both cardiac and respiratory health together, since changes in one system can significantly affect the other. This experience reinforced my critical thinking skills and reminded me that careful assessment, timely intervention, and patient teaching are key components of safe and effective nursing care.

