

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)
 - a. I feel like I had a great experience at my OSF clinical for second semester. I feel much more comfortable around situations and feel fairly confident in most of my skills that I have performed at the site. I enjoyed every moment and was always excited to get up early in hopes of seeing something interesting!

2. What are things you learned?
 - a. I learned many things like how to pass and reconstitute meds in the hands-on setting. I got to do my first foley catheter insertion as well as watch a chest tube insertion. I learned how to communicate better with clients compared to first semester which will help me in the long run.

3. What are things you would do differently?
 - a. I am not sure what I would do differently since I wanted to do everything that was offered to me.

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

- a. A major takeaway from my Adult Health I clinicals is learning how important it is to look at the whole patient, not just the diagnosis. This rotation strengthened my assessment skills, taught me how to recognize changes in a patient's condition, and showed me how essential communication and patient education are in providing safe care. Overall, it helped build my confidence and reminded me why nursing matters.

5. Explain how you meet the course outcomes

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

~ During clinical, I used my assessment findings to decide which interventions were most urgent such as monitoring respiratory changes, addressing pain promptly, or notifying the nurse when a patient's status changed. These experiences helped me practice real-time prioritization to support safe patient care.

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

~ I demonstrated this by connecting what I learned in class to patients' diagnoses for example, understanding how heart failure affects fluid status or why COPD patients require specific breathing techniques. This guided my interventions and reinforced safe, evidence-based practice.

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

~ I showed cultural competence by respecting each patient's background, communication style, and preferences. I practiced empathy, listened without judgment, and adapted my approach based on cultural or personal needs to build trust and comfort.

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

~ Throughout clinical, I used therapeutic communication with patients, reported assessments clearly to my nurse, and collaborated respectfully with staff. This helped me build confidence in both professional behavior and teamwork.

Provide patient education to promote health and prevent illness.

~ I educated patients on medication use, safety, diet, mobility, and discharge instructions when appropriate. Explaining information in simple, patient-friendly language helped promote understanding and encouraged healthier choices.

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

~ I practiced skills such as administering oral medications, completing head-to-toe assessments, assisting with mobility, and managing hygiene tasks. Repetition and supervision strengthened my proficiency and confidence in performing these skills safely.