

N321 Adult Health I

Clinical Reflection Form

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End of clinical Journal

1. Briefly write about your experience(s)

I feel like I have experienced a lot throughout this semester and I am excited to see how this next semester goes for Adult Health II. I have experienced how it is working in a busy ER to working on the floor along with other areas in the hospital. I have not really thought about other areas such as doing infusions, surgery, and how OSF's ICU works. It was sad that I could not experience a lot in their ICU but I do understand that they are not fully up and running again as an ICU. I did enjoy hearing different stories from each nurse I was with. It was cool to be nurses who graduated from LakeView and I even got to meet family members who are retired nurses who graduated from LakeView.

2. What are things you learned?

This semester, I have learned a lot through learning and hands-on experience. I was able to successfully put in my first IV. I have helped with priming tubing for IV pumps and programming them. I have also learned how to apply wound dressings along with taking care of the Foley and rectal tubes. I also got to learn how to manage your time with passing medications. June did a very good job with having me do a lot with her patients and allowed to me to get medications for each of her patients when I only had one of hers. I learned a lot from her. She managed her time very well and taught me a lot with starting IV's. Tricks with IV pumps and how she is able to focus her time with all of her patients.

3. What are things you would do differently?

I do think I would manage my time differently. I think for the first few weeks I was solely focused on trying to get my care plan done and get all of my medication that I could have spent more time with my patient and with June. I did improve more towards the end of the semester but I do wish I did that more at the beginning. I also wished I asked more questions to the nurses that worked in surgery, ACU, and ER. I wanted to know more of their background and what they truly think of each area rather than what I wanted to hear. Either way, I truly enjoyed each area.

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

One major take home I got from this experience is how well-rounded nurses are. Each of them was very focused on their patients and often did not take care of themselves. I could not tell you how many times I followed a nurse, and they rarely went to get a drink or sit down. They

were all solely focused on taking care of their patient and ensuring their patient had everything they needed. Whether it was getting pain medication, starting a new IV, taking them to the bathroom or just talking with them.

5. Explain how you meet the course outcomes

- Utilize clinical judgment to begin prioritizing nursing actions that promote positive patient outcomes.
 - o I believe I met this outcome by being able to sit down with my patient and talk with them along with explaining the medications I was giving them along with the help from the nurse. Most patients enjoyed hearing what medications I was giving them and a few I thought liked how I gave an explanation on the ones that were new from the doctor.
- Apply pathophysiology to provide safe, evidence-based nursing care to patients with common acute and common health conditions.
 - o I was able to apply pathophysiology by understanding the disorders or diseases my patients were admitted with. I was able to understand what was happening within them and helped them understand what we can do to help improve their symptoms. As an example, I had a patient who had pneumonia and was having trouble breathing. I was able to explain to the patient, along with the nurse, what is going on inside their lungs and provided them with an incentive spirometer to use to help open up their lungs.
- Describe culturally competent care to adults by discussing care and empathy during interactions with all patients, families, and significant others.
 - o I was able to connect with my patients on a personal level and was able to make my patients feel safe and comfortable with me even though I was a student and could not do as much as what their nurse could. I do feel like sitting down and talking with the patient at eye level before doing an assessment on them made them more comfortable with me. I was able to do quite a bit with my patients, and a few patients even thanked me for the great care I gave. June was also a big help with this area.
- Differentiate appropriate communication skills and professional behaviors in interactions with patients, nursing team members, and the interdisciplinary healthcare team.
 - o This goal was met by communicating with patients without using excessive amounts of medical terminology. A few of my patients it was easier to explain things in laymen's terms while I was able to communicate with the nurses and even doctors using medical terminology. I do have to give a thanks to Dr. Gong the pulmonologist who walked me through a thoracentesis and an ultrasound of the lung and was able to explain it a way where I fully understand.
- Provide patient education to promote health and prevent illness.
- Perform intermediate nursing psychomotor skills for safe, quality patient care.

- o I do think I was able to meet this outcome by following isolation guidelines for droplet and contact precautions along with ensuring all alarms were on and using a gait belt and non-slip socks when my patients were up.