

N442 Clinical Reflection #3

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N422: Population and Global Health

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- 1.) How does this clinical site relate to Population/Global Health?
 - a. When I answer this question, I feel like I am repeating myself, but it is so true! We served a wide variety of people. We saw older people, men, women, paraplegics, and those with mental delays. I can also argue that we served their families and caregivers too, who helped with dressing changes. I felt this clinical was an overall reflection of the population.
- 2.) How were you an engaged nursing professional during this clinical experience?
 - a. I was very eager to jump in. One of the providers asked me if I wanted to apply the calcium nitrate on the wound. Obviously, I said yes! I asked all the questions and made lots of small talk with all the patients, especially because someone picking and prodding at their wounds can be uncomfortable. Overall, I have the same persona as I do everyday of my life- find it exciting, jump in, and make people feel comfortable.
- 3.) How did you or could you contribute to the service of the community through this clinical site?
 - a. I got to do a lot today! I got to pack wounds, dress them, put calcium nitrate on the wounds, do vitals, chart, measure the wounds, and help with education. I was so appreciative of the nurses there. They were all very warm and inviting and made sure to include me, which helps tremendously! I had an absolute blast. They say “soft nursing” is a thing. I could see myself potentially working there one day.
- 4.) Name 3 ways this clinical site impacts community health?
 - a. Since some of the patients come weekly, visiting the wound center helps to decrease the risk of infection due to the continuous dressing changes, debriding, and cleaning the wounds. A second way this clinical site impacts community health is through continuous education. For example, those that have uncontrolled diabetes are frequently reminded the need to control their sugars. Even if they do not listen to the nurse, simply seeing if their wound is healing or getting worse helps serve as a sobering reminder to some patients that they need to get their care in check. Lastly, I think another good impact would be that visiting the wound clinic improves their lives. Visiting the wound clinic helps reduce amputations, helps those improve their mobility, and helps them with their pain. Overall, the wound clinic serves as a significant center for community health.
- 5.) Name 1 way this clinical site could better serve the community and why?
 - a. One complaint I heard frequently was that their home health nurses would drop them as patients frequently. I am not quite sure how things like this worked, but there were multiple people who complained that their home health nurse would show up one day, announce that there would be one more visit, in which they would then complete the next visit, and then leave for good. This put the patients in situations where they were asking us what to do, since some of them need help with changing their dressings frequently. I had a couple people joke that I should

go to their house and help them. It was saddening to listen to that because I know more people need the help.

- 6.) What health risks are experienced by the population served by this clinical site?
 - a. The main health risks I encountered was overall poor circulation, uncontrolled diabetes, and pressure injuries. There were some that did not have good venous return, which lead to ulcers on their legs. Some had ulcers from their diabetes, which I also learned that people like to lie when asked what their previous blood sugar level was. Lastly, with those that were paralyzed, they would get pressure injuries. It is harder for them to move; however, it is not impossible. Some simply just do not try to adjust their weight at all, which unfortunately, gets them in these situations.