

N431 Adult Health II

Clinical Reflection Form

Name: Harold S. Henson

Date: 09/04/2019

Clinical Rotation Site: Floor

1. Briefly write about today's experience(s)

I helped assist with caring for a few patients with my assigned nurse, primarily a 48-year-old female with a chief complaint of chest pain. She was admitted on 09/03/19 and was scheduled for a stress echo and MRI later today. Before meeting and introducing myself, I made sure to find out more information about this patient, such as her medical history and allergies. The underlying cause of her chest pain was yet unknown, but she did have a strong family history of cardiovascular disease; a past medical history of hypertension, insomnia, and extreme anxiety. She also had a social history of smoking both cigarettes and cannabis. After introductions, I helped remove the 20 gauge IV cannula in her left hand since she showed signs of swelling and infection near the IV site. Upon entering her room, I could not help but notice the strong odor coming from the patient and her visiting husband. It led me to believe that the patient had several dogs living with her. I was concerned that perhaps her hygiene was the cause of her infection. Shortly after, I took her vital signs, and she did not show any signs of acute distress. I also helped administer Zofran (4mg IV push) later that day at 15:15 to help relieve her anxiety.

2. What is one thing you learned?

Practice proper hygiene.

3. What is one thing you would do differently?

Always carry a pair of scissors, pill cutter, and alcohol swabs on my person.

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

Do not be biased towards patients; each patient needs optimal care no matter how badly they smell.

5. Is there anything else you would like to mention?

I am looking forward to another wonderful clinical experience at Sarah Bush Lincoln hospital.