

N431 Adult Health II

Clinical Reflection Form

Name: Lauren Lietz

Date: 9/16/19

Clinical Rotation Site: Wound Care/Telemetry

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

I was in wound care and telemetry this week. I was in wound care first for about two hours. I followed a nurse and we went to several different rooms. The first room that we went to was in the psychiatric hall. We went there and looked at a patient's bottom that had scar tissue on it. The next patient that we went to see was a lady that was getting discharged and did not want to get her wounds looked at. The next patient was a patient that had multiple wounds, this was the worst wound that I saw that day. It was on his forearm and it was bloody, and his skin was torn off. The nurse took off the old dressing and put another dressing on. We then looked at his bottom and the care partner put cream on it since he was incontinent. After that we took care of our last patient. She was an older woman that had sores on her heels. The nurse put boots on the patient's feet to help with her sores on her heels. I then went to telemetry and sat in the room and watched the four computers the whole time.

2. What is one thing you learned?

One thing that I learned is that patients that just had surgery need to have their heels elevated after, so they do not get sores. Their heels also need to be elevated if they had sores on their heels before and if they are prone to sores.

3. What is one thing you would do differently?

One thing that I would do differently would be to ask to do more things so I can be more engaged with the nurse and the patient.

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

The major take home from today's clinical experience is to always elevate heels after surgery.

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

I would like to mention that I wish there was more the students could do during the telemetry rotation.