

N431 Adult Health II

Clinical Reflection Form

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Clinical Rotation Site: Operating Room

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

After changing into OR scrubs, I met with my assigned nurse and taken to OR room #7 to watch a left total knee arthroplasty. The circulating nurse calls for the time-out at 1150. I heard great things about how quickly the doctor performs the surgery, and I was excited to see the surgeon in action. It took about one hour for the procedure to finish, which I understand is a considerable amount of time, but it did not go without difficulty. The procedure included removal of one ACL screw and one staple installed from a past surgery. X-rays were requested prior and during surgery, but were unavailable. So, the operating team worked in a vigilant manner to ensure safety to the patient and procedure. After the surgery, we waited for the patient to awake from anesthesia before transporting him to the PACU.

We returned to OR #7 for another left total knee arthroplasty. I was privileged to watch the same team perform this operation. Time-out was at 1407, and the procedure was over in a flash at 1434. This time, the correct equipment and materials (e.g., x-rays, blades, etc.) were accessible. It was amazing how quickly the team worked in unison, and of how quickly the sutures and staples were done! I heard from one of the nurses that the doctor's best time was 12 minutes! Again, we waited for the patient to awake from anesthesia before transporting her to the PACU.

I was later taken to another OR room where a left below the knee amputation (BKA) had just begun. This patient was scheduled to get a left BKA and a right 5th metatarsal debridement. I had arrived just in time to watch the surgical team clamp, tie, and cut each of the major blood vessels before exposing the tibia. The actual cutting through the bone happened quickly. There was talk about removing the right 5th metatarsal, as well. However, I was unable to stay to see that procedure. I ran out of time and had to rush to my clinical post-conference to share my experiences of the day.

2. What is one thing you learned?

I learned that a total knee replacement has one of the longest recovery periods (months to years) compared to other surgeries.

3. What is one thing you would do differently?

I would have made sure to use the restroom prior to surgery. My bladder was about to burst during the last surgery of the day!

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

To take better care of myself and to take preventative measures to promote good health. Two of the patients in surgery were about my age, and in poor health. I have to be in good health in order to help others.

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

The experiences I have had thus far in the clinical setting have been wonderful. I look forward to each one of them!