

Shanique Spence

Clinical Journal #1

This week's clinical was a great learning opportunity, and I enjoyed working with my assigned nurse and patient. I was assigned a 64-year-old male, who was diagnosed with multifocal pneumonia. He is an active smoker, who was previously diagnosed with throat cancer. He was admitted to the hospital because he had episodes of rigidity and unresponsiveness. His condition required him to have a feeding tube because he failed the swallow test.

This was a new experience for me because I've never taken care of a patient with a feeding tube before. I would say this was my greatest challenge, however, the nurse was very informative in explaining how to refill and clean the tube. I learned how to read the orders from the doctor about how much and when to give the protein shake through the PEG tube. I also learned how to flush the tube. I found challenging how to work the machine that is used to set the amount of fluid to release and the frequency. However, the nurse did go over it with us, and all I need is just a little practice to be more comfortable.

My partner and I also did a head-toe assessment on our patient. We first examined his environment; we saw that his room was very tidy. Our patient was very alert and oriented, so he was able to go to the bathroom on his own and was able to help himself when needed. We did a skin assessment, which had positive results. His skin was intact and no signs of skin irritation. We also listened to his lungs, which was also a challenge because of his diagnosis of pneumonia it was hard to differentiate the lungs' sounds. His pupils were even and reactive, and he had a slow capillary refill in his finger due to being cold. We were also able to do his vital signs and a brading scale. His brading scale was 22, his blood pressure was 106/54, his temperature was 97.7 F, and his HR was 69. His oxygen was 89%, which is under the recommended amount, however,

according to the nurse, it was this low because part of his care plan was weaning him off oxygen support, and because his hands were cold. While doing these skills I felt a sense of accomplishment because I was able to execute them, and also being able to teach my partner the skills she didn't understand.

I learned a lot from asking the nurse questions to gain a better understanding. An area of personal growth is my interpersonal communication skills. I found myself feeling nervous to talk to the patient because I didn't want to say the wrong thing. Throughout the day, I started to feel a little more comfortable and I started interacting a little more. I plan on working on this by just having more confidence in myself and this will make my clinical experience even better. Watching the nurses take care of the patients made me even more excited to be them one day taking care of my own patients. It's motivating to be in that environment and see that will be me one day. A lot of times I have self-doubt that maybe I won't make it, but I pray and ask God to cast out those doubts and focus on learning and enjoying what I do. This week has made me reflect on the scripture Philippians 4:13, "I can do all things through Christ which strengthen me." This helps me cast away negative thoughts that make me doubt if I'm smart enough, it helps me remember that God is on my side, and if I do the work then I need not worry.