

The greatest challenge in clinical practice this week was performing my first head-to-toe assessment on a sick patient. In class, during our assessment practices, my peers had no findings on them and therefore, they were a baseline for a healthy patient. Although this was a challenge for me, it wasn't as bad as I thought it would be and this is why the term "practicing medicine" makes sense - because it takes practice to make it to a place of comfortability and mastery while taking care of patients. I trust that along the way, doing these assessments will become second nature to me. One bioethical concern for me was forgetting to give the patient her privacy by not covering her bedside space with the curtain, especially given that she was a patient who was near the door, thus, everyone who walked by her would be able to see her as she was being assessed.

The area of spiritual growth is actually a challenge to me at the moment. This is not because I don't trust in God being there with me but because during my clinical hours I feel my spirit being diminished. I find that because the experience is not entirely enjoyable and I am full of fear in regards to communication and misunderstandings, that my spirit is being filled with fear instead of joy. The two days that I have left clinicals, I have left with a heavy feeling on my chest, almost making me feel that the nursing field isn't for me if this is the way I will feel everyday after leaving work. I have worked with patients' in the past in dermatology and plastic surgery office along with surgical shadowing and I enjoyed every minute of it. The time would flyby and I would never feel eager to leave. I love learning and being taught right from wrong so that my skills become better for my future patients' but I actually only ever feel crushed here. I pray everyday before clinicals on my own to fill my heart and spirit with the reminders of why I started and why I need to continue to learn and I also pray that the culture that I work with as a nurse is the same as I have been exposed to in the past.

I really enjoyed speaking with my patient. My interpersonal skills with patients was one of my strong suits this week. I expressed empathy towards my patient and she expressed to me how nice it was to just talk to someone because being sick can get lonely. This reminded me of how a small conversation in getting to know my patient can go such a long way in their care, where you are not only taking care of them physically but also emotionally. The nurse that I was assigned to this week was very helpful.

My areas for improvement really come back to my spirit. I need to leave with the same full heart I came in with. The scripture that resonated with me this week was "The Lord is near to the broken hearted and saves the crushed in spirit." Psalm 34:18. This assisted me because it is a reminder to me that although I feel crushed that God is right there and it kept me going to do his work in assisting the sick regardless of my spirit - He will heal.