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### **Journal #1**

My greatest challenge at my clinical was remaining calm when I was having a problem with the blood pressure machine. It took me a while to figure out how to get back to the main screen and the patient noticed my nervousness. Luckily, she worked in healthcare too and was understanding and patient with me. Moving forward, I will ensure everything is prepared and ready to go before entering the patient's room so that I may have a smooth interaction and avoid any difficulties or negative reactions with a patient who may be impatient or in pain due to their circumstances. Some bioethical concerns I had were seeing trash on the floor, more specifically gloves and alcohol wipes. It is important to keep a clean environment, I took the liberty to pick up the trash from the floor so that the patient and health care workers can be working in a clean environment. My greatest accomplishment was my ability to connect with my patient and not just perform my assessment. Creating a relationship with patients is a part of being a nurse so that the patient is not just taken care of physically but also mentally. I was also successful with my head-to-toe assessment. I missed a couple of parts in my assessment, but I feel confident that as the semester goes on, I will improve.

Technical skills that I demonstrated were that of my head-to-toe assessment and taking vital signs. When performing my head-to-toe assessment, I assessed each area of the body from head to toe and found interesting findings such as a deep wound from an adverse reaction to a pneumonia vaccination, a bunion on his left foot, and wheezing bilaterally when I auscultated the patients' lungs from the posterior side. I also used my technical skills to take my patients vital signs using an electric machine. I took his temperature orally, while using a pulse oximeter and adult blood pressure cuff to take blood pressure simultaneously. I demonstrated planning and intervention of cultural, holistic competent care for my patient while considering their perception of health and illness by respecting his requested privacy while he ate and used the restroom. I ensured his comfort and that he felt respected and completed my tasks according to his comfort and feelings. I demonstrated interpersonal communication skills with the interdisciplinary healthcare team when I communicated my abnormal findings of wheezing to the nurse, and when I communicated my patients' vital signs to her. I demonstrated interpersonal communication skills with my classmates and instructor, by continuously updating my instructor on the activities I was completing, and by communicating with my classmates about what our instructor wanted us to complete and when.

I showed my initiative to pray by participating in prayer by being fully present and listening to the prayer my classmate started our day off with. I demonstrated a willingness to help others working together with my classmates so we could prepare for our head-to-toe assessment, and by asking them if they needed any help with their patients. The bible scripture reference that helped me carry out the best quality of care during my shift was *1 Peter 5:7* Casting all your anxieties on him, because he cares for you. I often get nervous when completing tasks that I am being evaluated on, and I had to remind myself to lay all my worries onto God because no matter what he will get me through the day.