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This week I was assigned a patient and completed a shift assessment. This included taking vitals, and checking the patient's HEENT, lung and thorax, heart and neck, peripheral, abdomen, musculoskeletal, genitourinary, and skin. I also got to help with tracheal tube ties, change a bed, calculate an insulin question, and administer NG medications. However, the greatest challenge I had this week was trying to communicate with my patient and her mother. Trying to communicate with my 3-year-old patient was a challenge because she has delayed speech, but I could still adapt and try to communicate by using nonverbal communication. As we were speaking to the mother, she was able to communicate for the most part, but the language barrier hindered some parts of the communication.

Personally, I saw that I have been able to adapt to the schedule and have been trying to work on my perspective on everything by looking at the bright side of things. Spiritually I feel like I am growing by trying to spend more time with the Lord through prayer consistently and reading the Bible, as well as leading a small group at my church. Professionally, I have been able to enhance my skills and communicate with children of different ages. I genuinely enjoy learning and interacting with the children and staff. My greatest accomplishment of the week was administering NG tube medication because I have not done this in the clinical setting. With the help of the Professor and with what I remember from the lab, I was able to practice this skill. I monitored vitals, did a head-to-toe assessment, helped change a patient and their bed, assisted with tracheal ties, and administered medication through the NG tube. Today I also saw how to document into the computer if the child's parent is administering the medication like ointment. When providing the care, I provided privacy, raised the bed for proper body mechanics, scanned the environment, and continued to thank the patient for their cooperation.

This week I got to communicate with children of different ages and got to adapt based on how they communicate. Communication with their family members varied based on what they were doing and if there was a language barrier, but I could speak with them and help them with what they needed. With the staff, I got to ask my nurse questions, and she would explain each medication and give me tips on why she did certain things. With my classmates, we would check in with each other and help one another. By being able to communicate with each other, we got to ensure we finished everything we needed by the end of the clinical day. For the next clinical, I would like to improve my communication skills and patient interaction even more. I know this will improve as I continue to get exposure and practice. In the pediatric setting, I see the need to adapt based on the age and development of the child and also to include their parents. Philippians 4:6 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." This verse got me through this week because there may be a lot going on in my life, but I know that in every situation, I can go to the Lord and know that He has a bigger plan for me. There is hope and joy in knowing that everything is in His control and that if I am anxious about anything, this is not a permanent thing but rather a temporary thing that the Lord is handling, even if I do not see it.