

Chanho Kwak
Reflective Journal #3

On my third clinical day, we met in the conference room and were assigned our patient for the day. Afterwards, I made my way to the nurse to receive a report. I assisted her with the patient she was currently attending to and once the patient was treated, we moved onto the assigned patient. The nurse and I introduced ourselves, checked his ID and the nurse administered his medication. I was given the task of feeding the patient his multivitamins which were mixed with applesauce. The nurse left and told me that the aid would come to perform his bed bath and that I could assist. The patient finished his vitamins and the aid arrived and we prepared the patient for the bed bath. We washed him down, dried him and clothed him with a fresh t-shirt and pants. We moved to the wheelchair and prepared him for school. I put the splints on his feet and put his sneakers on while the aid cleaned up the bed and prepared the bed. While we were waiting for the transporter to come, I completed an assessment.

There were no challenges I faced during the clinical day. Although the patient was diagnosed with cerebral palsy, he responded and was accommodating. I had worked with the nurse on my prior clinical days and she was also very friendly and responsive to my questions.

I had a lot to reflect on because of the challenging week I had faced. I was physically, emotionally, intellectually, physically drained because of the emergency that my spouse had faced during the prior week. It was extremely challenging because I had to take 3 exams right after I had spent 4 days in the hospital. I felt that the professors would understand my situation but I did not want to postpone my exams if I had that option because falling behind a week of classes would just be too much to catch up on. I felt I knew enough to get by the first round of exams. During the clinical day, I was doing my best to learn but also wanted to just get through the day. I'm finally glad that the week of classes, clinicals, and exams are behind me and even though there is much to do, I can take a breath of relief.

I accomplished a lot during this clinical day. I spent the morning with my patient completing many nursing tasks such as bathing, clothing and assessing him. I was also involved in other activities. I flushed a line and administered medication via G-tube, administered eye ointment for another patient, assisted in catheterizing another child, nasal and mouth suctioning. My interpersonal communication with clients, family members, staff, faculty, and other students were clear and professional. I feel that I'm becoming more comfortable and confident with my assessments and the hands-on work is reinforcing the learned materials from the classroom.

The debriefing at the end of class helped with connecting the dots between the patient diagnosis and the drugs that were prescribed. Reviewing the patient chart and learning in the clinical setting has definitely improved my skills.

For this week, I held onto Isaiah 41:10, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." I did not know how I was going to get through the week. I was afraid that I was going to completely fail my exams and feared that I would have to repeat these classes. But despite this despair, I trusted in God and pressed on.