

CLINICAL JOURNAL WEEK 3

In my today's activities, I learned many new things as a nursing student, that will help me do well in my career. The day started like every other day, and the tasks were really challenging but I love it all. As I listened to the morning "huddles", it gave me a kind of foundation/based on what I should look out for in the care of my assigned patient. Caring for patients requires teamwork, and it is through this kind of communication that I am learning a better way of working with other Healthcare members to render good services to patients in my care.

One of my day's experiences was watching how the "Acupuncture" procedure was performed. This type of procedure requires a 'Sterile Technique' and as I watched, I see the reason why "Sterile technique" is very important so as not to introduce germs from the outside body into the system. In pain management, Epidural Anesthesia was used, and as I watched the patient, she was conscious all through the process. The area that got me a bit scared was the insertion of the long needle. I was asking myself, what if this punctures any organ in the system? but on second thought, I was reassured these are professionals in this field. After the whole procedure, there was no complication, the nurse in charge stayed with the patient to monitor for any effect of the process.

The patient assigned to me was actively in the care rendered to him, he listens to instructions like, do not get up without using your call bell for assistance. My cares for him include walking him to the bathroom, making his bed, assisting him in feeding, and standing nearby should in case he needs my assistance of any kind.

Another task that caught my attention is how the Lenox Hill hospital laboratory diagram looks. This is different from the method I know, but from the teaching of my Instructor, I was able to differentiate it and substitute the values to the proper column. I see the importance of working with those who have experience, it makes the job much easier.

Finally, I was able to differentiate the different kinds of "blood pressure." It never occurred to me that, when you as a nurse want to check for "orthostatic blood pressure", the patient must be standing before you can do this. This is another task I did, and I was surprised all three readings (lying on the bed, sitting down, and standing) gave a different result.

