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I performed a shift assessment and received a patient assignment this week. This involved taking the patient's vital signs and examining their HEENT, lungs, heart, neck, abdomen, musculoskeletal system, genitourinary system, and skin. I also got to straight catheterize a patient, perform wound care, and measure the colostomy bag contents and the urine output. My greatest challenge this week was trying to help give our patient a bed bath because he was moving around a lot and trying to block us with his pillow. This was a challenge, but as a team, we communicated with him and finished our care as fast as possible.

I saw that I grew in time management since I was able to space out everything I needed to, which helped me focus solely on clinical and interacting with the patients, and practicing my skills. Spiritually, I have consistently led my cell group and spent time with the Lord through prayer and reading my devotional. Professionally I have been able to improve my skills and practice other nursing skills like catheterization. My greatest accomplishment of the week was performing a straight catheterization on my patient. This was the first time I was able to do this on a patient and not perform this on a mannequin. Although I had to restart the procedure to maintain a sterile environment, I learned a lot with the help of my Professor. I performed a head-to-toe assessment, straight catheterization, bed change assistance, bed bathing, wound care, and vitals monitoring. I gave the patient privacy while delivering treatment, lifted the bed to ensure good body mechanics, examined the surroundings, turned on the call light, and thanked the patient for their cooperation.

This week I communicated with my patient and talked to him about his likes and dislikes and his favorite Roblox characters. With the staff, I was able to ask questions and report my findings to the nurse as well. We would check in with one other and lend a hand to one another with my classmates. We ensured that everything was done before the conclusion of the clinical day since we could speak with one another. I want to get even better at communicating with patients and patient interaction for the upcoming clinical. I'm confident that as I continue to practice and gain exposure, this will become better. I see the necessity for adaptation in the pediatric environment based on the child's age and developmental stage, so I want to improve at that. Psalm 119:28 says, "My soul is weary with sorrow; strengthen me according to your word." This helped me this week because I am reminded to trust in God's Word. Whenever I feel weak or overwhelmed by everything that is required of me, I know that strength, wisdom, and everything comes from the Lord. I remember to trust in the Lord because of who He is and what He is doing and has done for me.