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On Tuesday, was the first day of clinical rounds with the interaction of patients. I was assigned to room 102A a no contact room. My patient was admitted a few days before the 21<sup>st</sup> with controllable diarrhea. Patient was in a no contact unit to role out C deff. Before entering the room, I take my KN95 off and put on my N95, gowned up then applied gloves and entered the room. She was alert and oriented x2. Her vitals were 122/44 pressure, 98.7 temperature, and 77 pulse. She was active and eating. I documented her vitals and processed to de gown per no contact regulations. My greatest challenge was over coming my fear on entering a room confidently with respect to the patient. What I toke from my first day of clinicals and interaction with multiple patients is that this is what I love doing. And I'm in a field with tremendous room to grow and excel. I also learned that learning is a completely different feeling when you are hands on. And I always prayed to god that I would one day learn how to be good in this type of environment and when doing our hours, it felt natural. " A cheerful heart is good medicine, but a crushed spirt dries up the bones." Proverbs 17:22. Be aware of every room you walk in for leading with a good heart can be the remedy. You low spirt with dry a place that may need to be watered.