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My greatest challenge at clinical was finding time to assess my patient because I wanted her to be able to rest, and she was constantly asleep or eating her meals. Also, since she was a new admit she was consistently being visited by medical professionals to be updated or assessed. The bioethical concern I witnessed during my clinical was that a patient's food was cold, and there was no sugar available for his meal. If he was a picky eater this could have prevented him from receiving adequate nutrition. Luckily, he was a kind man, and I just heat up his food for him and he ate his oatmeal without sugar. My greatest accomplishment was assisting my patient to her commode, and always following through with what I told her. For example, if I told her I would be right back, or be back in 5 minutes, I would be back even if it meant I had to communicate to someone who needed help that I had to help my patient first. I set boundaries and ensured my patient was priority.

I demonstrated technical skills, by completing my head-to-toe assessment and bed making. I also was able to properly place the NG tube after our instructor performed it for us. I demonstrated cultural, holistic competent care for my patient while considering the patient's perception of health and illness by providing her privacy while she urinated on her commode, and also since she was limited assist I promoted her independence by letting her do most of the transitioning while I moved with her just in case she needed assistance. I demonstrated interpersonal communication skills with the interdisciplinary healthcare team by consistently checking in with my nurse if she needed any help, I would also periodically ask if there were any updates on my patient's status. At the beginning of the day my patient was NPO because they were going to do an endoscopy on her and later on in the day I checked in with my nurse again and learned my patient was being discharged the next day. I demonstrated interpersonal communication with my classmates and instructor by periodically updating them about what I did with my patient every hour and I also checked in if there were any patients my classmates needed help with.

“Give to those who ask, and don't refuse those who wish to borrow from you.”  
*Matthew 5:42*. I chose this verse because as we get tired or stressed throughout the day as caregivers it is important we remind ourselves to be patient, slow down, and remember to prioritize our patient's needs to ensure they get the best care possible. I acted out this bible verse by not prioritizing my written assignments in order to assist her first. I showed the initiative to pray by offering to do our closing prayer. I demonstrated a willingness to help others, caring, advocates, and care for culturally diverse patients by advocating for my patient when she wanted her commode by her bedside.