

JOURNAL WEEK 5

The day started with a morning huddle, with the nurses using SBAR to give an account of their patients and the kind of care given to them. I was assigned to a nurse to care for a 57 years old male. One thing that caught my attention about my patient was his look. He looks so emaciated, and I tried to enquire about his nutritional status and was told he only likes to eat once a day. I then linked his eating habit to the reason why the wound he has at his back is not healing even when he is not diabetic. From this little observation, I put in me why I should make sure my patients eat well to facilitate recovery.

My experience with the first patient I was assigned to also helped me on the importance of a nurse not to be judgmental. She was so aggressive, refusing care, and talks more than a child of her age. I was able to link her attitude to what we learned in class, that some patients may refuse care, and may talk rudely to you, as a nurse, you should count it as nothing because most of their actions are not intentional. With this experience, I see that “medicine” still has a lot of work to do, are there ways to correct the genes responsible for this type of behavior? I also realized she gets frightened when she sees more people around her. She feels like hiding away from seeing strange faces.

Another thing that I learned was how to insert and care for a stoma. With my instructor’s directives, I saw and touched all the components of a stoma, how to attach it, how to remove it, and how to empty and clean it. Sometimes, reading only is not enough to get all the information about a “thing”. I see how important Practical work helps us to learn better, and have it register in our brains for a longer time.

My training in Lenox Hill Hospital has made me a better person not only in how I think but also in how I do things. Nurses should always put themselves in the shoes of their patients. We are called to save lives, and for this reason, we have to attach ourselves to the words of God. The words of God work like miracles that keep fueling you all through your day. God is there to strengthen us in what we need to do for our patients, and at the same time, keep us strong and healthy. This is not only about caring for patients, but it is also about the health of nurses, a healthy nurse also performs healthy tasks. "I can do all things through Christ which strengthened me." (Philippians 4:13) KJV

