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Reflective Journal #5

This was the last day of my peds clinical and I was looking forward to spending the day with the children at Blythedale. We were assigned our patients and I met with my nurse who gave me a report on my patient. I follow her as she completed the patient she was working with and afterwards she gave me a detailed report about my patient. She was very kind and wanted me to learn as much as I could and answered any questions that I had. I assisted her with taking vitals with her other patients and when our patient had awakened, we donned our PPE for contact precautions and met with the patient. With the professor, we performed a urinary catheter because he had a distended bladder. We gave him a partial bath, changed his clothing and prepared him for school. We also changed the linens on his bed and pillows. After we were done, I fed him lunch.

There were no challenges I faced during the day. The nurse was extremely caring, helpful and answered all my questions. The patient was known to be abrasive but he was amenable and talkative with us.

This week was an extremely tough week with exams, classes and work. I felt completely burnt out physically, mentally and spiritually. I did poorly on the exam although I felt that I put in more than enough hours to do well. I just had this mental fog and just felt the heavy weight of everything. I guess this is what nursing school is and everyone goes through their ups and downs. I'm trusting that God will continue to guide me through and to pass all the classes. I've missed all my lent scripture readings and I'm glad that spring break is upon us.

I feel like I do not have any accomplishments this week and felt like I could improve in all areas. My technical skills were lacking as well with the urinary catheterization. I thought I had pushed the catheter deep enough because the urine stopped flowing but afterwards, I realized I had done a poor job because the patient continued to leak out urine while we were bathing him. I have to have more confidence with my skills and not be afraid of hurting the patient.

I performed the assessment of the patient and assisted the nurse in taking vitals this week. I need to continue to persevere and to hold onto God's strength to complete this semester. Hopefully, this spring break will give me a chance to rest so that I can finish the rest of the semester successfully. Matthew 11:28-30 says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Yes, Jesus, I'll trust in you and find rest in you.