

Ahuoma Chukwueke
Vanessa Hernandez
Clinical Journal
10 March 2023

Journal 2

This week I had the opportunity to indulge in my first day of our clinical experience. Our clinical for this semester is taking place at Lincoln Hospital . We are currently stationed on a Med-Surg Pulmonary Unit 8B. The day started with us meeting with Ms. Hernandez in the day room of the unit. Ms. Hernandez went over guidelines and gave us our patient assignments. I received my assignment for the day , a patient who had a history of Chronic Heart Failure, hypertension, Hyperlipidemia , diabetic neuropathy and venous stasis ulcers as a result of vascular surgery. Marsha and I were assigned to our patient and we quickly learned that the day was not going to be as simple as our first day. I introduced myself to my nurse, Ms. Genfri who was two years post grad travel nurse. She was very kind and taught us how to use the computers to pull up patient information. I was able to learn a lot from his chart including past interventions that the nurses and doctors have used to treat our patient's comorbidities. I introduced myself to my patient. My patient was getting ready to take a shower. Marsha and I worked with the PCA to make the bed, she taught us how to sanitize the bed and the proper technique for discarding soiled linens. The wounds were open to air so we put down chux for our patient's wounds to drain. My patient was also able to ambulate independently despite the fact that the wounds exposed subcutaneous tissue and were deep on both legs. After the shower, I helped my patient get dressed and placed new ECG leads. I was able to assist our nurse in administering insulin and observed her set up the IV. I assessed my patient's radial pulse, and oxygen saturation. My patient's radial pulse was difficult to assess. I would feel it then it would disappear. My patient had normal oxygen levels. I used the machine to take vitals on my patient. The vitals were stable with the exception of the heart rate. Prior to doing vitals in the afternoon, my patient had a heart rate of approx 151 in the afternoon he received metoprolol and the heart rate was 111, which was a significant improvement. Once my patient was situated, my nurse allowed me to administer insulin to another patient. I was able to flush IV lines and was able to work on my nursing notes for my original patient. I noted the interventions for reducing edema as sitting the patient upright to allow wounds to drain, this was an intervention I learned in the classroom so it was interesting to be able to practice it in the clinical setting. Lastly, I checked the patient's physical chart to get more information. I was able to notice that the paperwork showed that the patient was DNI/DNR while the computer listed Full Code. I alerted my nurse and she was happy that I noticed. She let me know

that she was told as well and that some one should be changing it in the computer. It felt good knowing that I was being attentive in my practice. All in all, this week was a great experience and I am grateful for the opportunity to apply the things I am learning. One scripture that helped me this week was Philippians 4:13 that says, "13 I can do all things through Christ which strengtheneth me." Though the day started off challenging, I felt reassured know that God is able to strengthen me through all the trials that nursing presents.