

Treshawna Cook

Journal 6

During this week of clinical, I was assigned to the OR. I went down and met with the nurse educator who prepped me on what I would be seeing and went through the do's and don't's of the OR. I saw two inguinal hernia repairs and one robotic umbilical hernia repair. The surgeon took the time to educate me on these procedures. He explained why they chose the type of surgery they did and the anesthesia method. The first two patients were given local anesthesia and the last was given general. The surgeon explained they consider the length of the procedure, the size and location of the area that needs numbing the patient's age as well any other medical conditions.

It was very interesting to see a robotic hernia repair. Prior to this, I did not know this existed. Having a clear image of the inside of the abdomen is beneficial, It also allowed the surgeon to repair and meticulously place the hernia mesh to provide reinforcement to the replaced hernia. In foundations, we learned about the procedure of the operation room and the scrub and circulating nurse. It was great to see the responsibilities of each while the primary focus was the well-being of the patient.

I also had the opportunity to go down to endoscopy to see a sigmoidoscopy. The patient was suspected to have cancer, the doctor went in, and I was able to view the polyps. The nurse educated me on the process and what the patient should expect after the procedure. My role in the OR was primarily to observe. I cannot recall facing any major challenges however if I had to say something it would be adjusting to a new environment. Being in L&D/mother and baby you

get used to the dynamics and the routine of newborn and post-partum assessments. Being in a new environment forces you out of your comfort zone and challenges you.

My greatest accomplishment this week was being questioned by the surgeon on the abdominal anatomy and successfully passing his test. While the robotic hernia was being performed the surgeon gave us a great view and educated me on what was going on. The skills used this week was effective communication and teamwork. Nursing requires these two skills but especially in the OR. The communication should be clear while understanding no one can do everything alone. They worked together as a team while prioritizing patient care and I even assisted when I could without coming in contact with the sterile field.

If I could improve in any area this week, I would say coming prepared and knowing background information before each surgery would have been beneficial. It would have helped connect the dots for educational purposes. I understand this was just one week in the OR, however, it is similar to receiving a thorough report on your patient. When the report is complete, and you have familiarized yourself with the patient and situation you can provide better care.

The scripture reference this week is, "So then, while we have opportunity, let us do good to all men, and especially to those who are of the household of the faith." (Galatians 6:10) This bible verse can be interpreted many different ways. I see it as seizing the chance I have now to do good and make a difference to help and heal my community through nursing. The skills I have learned during this clinical experience does not only apply to OB. I will continue to utilize them in my everyday life and nursing career. I am truly grateful for this experience.