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We were assigned different patients and told to complete the clinical packet on the third of clinical. My patient was alert and oriented to person, time, and place this week, making communication easier. There was no language barrier because my patient also spoke English. Since I forgot to introduce myself when I walked into the room to start a conversation because I was so nervous, I was able to identify my communication weaknesses with the patient. I became aware of my weaknesses in patient communication, so I concentrated on observing the LPN who was caring for my patient. I could see how she spoke to the patients with ease. Not only for my patients but also for her other patients, I was able to assist her with taking vital signs. She was helpful, saw that I was anxious, and reassured me that it's normal to feel nervous and that I would become faster with practice. She was kind to let me help with her patients. She was friendly with patients and dealt with problems in a calm manner.

The nurse who looked after my patient was very kind; she could find time in her busy schedule to go over the information I needed to fill out on my clinical packet. She allowed me to administer medication to the patient so I could practice performing the "six right" while performing the three checks. Additionally, she was kind enough to speak with the patient I was in charge of and let him know that I was a nursing student and that I had some questions to ask him.

For the first time, I was able to interact with the patient and inquire about their medical background and the problem that led to their hospital admission. I observed challenges in knowing the appropriate questions to ask or exactly what to ask. When I had questions, I could go back and forth, and I was fortunate to have a patient who would respond to them politely. Compared to the previous two clinical days, I believe I was able to exercise more initiative, but I still have work to do. My classmates were supportive, asked if we had finished taking the vital signs, and talked about the patient's requirements. When faced with the challenge of developing a nursing diagnosis, we came together and exchanged ideas, which was very beneficial.

*I know the LORD is always with me. I will not be shaken, for he is right beside me. – Psalms 16:8*

NLT

I have to constantly remind myself that the Lord is with me and that I shouldn't let anything shake me. I am a people-pleaser and a perfectionist, which prevents me from moving forward because I am concerned that the outcome won't meet my standards or be flawless. This is one of the challenges I must overcome. Although it's not simple, I gradually realize that nothing is ever going to be perfect. My results won't be the same as those of a nurse with extensive experience because I am a new student. In order to get there, I must take the initiative, reflect on my mistakes, and have faith in my Father, who is always by my side.