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Journal 2

This week, my group were in care of a 7 year old with facial cellulitis. Upon arriving the patient was upset and started tearing due to the fear of the tonsillectomy and the pain she was experiencing. After monitoring the vitals and administering some pain medication, we tended to her fears. We took turns distracting her by talking about her favorite toys and her favorite family members to play with. Our time with her was cut short as they transported her to get the tonsillectomy. We then cleaned her room so she can return to a calm environment. A challenge I faced during this clinical would be educating this patient on why they would need to have a tonsillectomy for their facial cellulitis. It is difficult to reassure children to not be afraid of invasive procedures, which can impede in providing them the treatment needed. In regards to my personal and professional growth, I felt as though I am able to recognize on a smaller scale how to be more empathic and change the way I provide care for kids of this age. Through this interaction with this patient I did experience growth spiritually as I see myself referring to help from God to be emotionally stable while I tend to sick children.

My greatest accomplishment for this week would be utilizing my knowledge of cellulitis and anticipating the interventions needed. In this instance, I made sure to monitor the patient's vitals to note any signs of infection progressing. This with also performing a quick assessment, I would be able to notify the nurse for any changes. The technical skills I performed were patient and family education on the medication they would be receiving, distraction techniques to help the patient not focus on the pain they are experiencing and lastly bed making when the patient left for surgery. These skills played a huge role in helping the patient relax and the distraction helped them focus away from pain. It was towards the end that I noticed that the patient became more cheerful after helping them. Communication played an important role with this patient as she was very upset when my group arrived. She was frightened and in pain due to the swelling of her face. My team and I focused on talking with her about things that she enjoys such as her toys and her favorite television shows. It was through this, I noticed that her crying and pain lessened

immediately as she continued to talk with us. We remained in contact with the nurse, notifying any changes in the vitals and status. An area I would like to improve in would be providing simpler explanations to treatments for children. Finding an accessible way to teach them can prove to make sure that they are aware of what is going on and play a role in their treatment along with their parents. A scripture reference I had for this week would be Galatians 6:9 “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” This passage reminded me to remain patient when interacting with children as they are very different from caring for older adults. They do not understand everything that is going on, and it is up to us to adapt ourselves in order to help them. Things that we would not normally do for older adults such as speaking in a different tone and prioritizing friendliness plays a big role in caring for children.