

Transformative Clinical Experiences

NUR301

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In my time at Alliance University's nursing program, I have only had a semester and a half worth of clinical experience. I am still relatively new to nursing school and the healthcare profession in general, so I do not have a whole lot of experience to pull stories from. However, I have had the opportunity to experience a wide variety of scenarios that registered nurses experience on a daily basis. I have had both negative and positive experiences in the hospital with patients and nurses, and these experiences have shaped me into a nursing student that is very excited for the future, and somebody who wants to improve my nursing skills as much as possible.

One experience that stands out to me as very important was the very first patient I had as a nursing student. I can't remember her name, but I remember the experience I had with her. She was suffering from diabetes and had numerous complications with the disease, so she was very frequently a patient at Lenox Hill. Even though she was routinely in and out of the hospital, she still managed to be so positive and such a good influence on me, which was significant because I was incredibly nervous about seeing a patient for the first time. Though I was nervous, she still managed to calm my anxieties and treated me with such kindness and honesty that I will never forget. I had to perform head to toe assessments on her as directed by my clinical instructor, which was a large source of my anxiety, but she was very respectful and patient about it. She allowed me to thoroughly examine her and make comments on my observations about her with my professor. Most of the time when I was with her, I was allowing her to talk and let her tell me her life story, which I was genuinely interested in learning about. By the end of my shift when I had to say goodbye, she wished me luck in nursing school and told me that I am going to be a

great nurse one day. Ever since that day, this experience has stuck with me and given me so much hope that I will pass nursing school and become a nurse.

I personally view this experience as having a lot of spiritual significance in my life, specifically as it pertains to my growth as a christian nurse. Before meeting this wonderful lady, I was incredibly nervous to the point where I had to step into the restroom in order to catch my breath, I was shaking and on the verge of throwing up because of how nervous I was to do clinicals. I think this has parallels to how we should be in our relationship with the Lord and our walk of faith in general. Even though we may be nervous and scared in plenty of situations in our day to day lives, we always have to just put faith in the Lord and trust that everything will turn out okay at the very end. We may get scared and anxious at plenty of things that come our way, but at the end of the day, he has a plan for each and every one of us that we were specifically put on this earth to accomplish. Whenever we get nervous about something, we have to just confide in the Lord and put all our trust and anxieties in him. Just like how I was so nervous about meeting a patient for the first time, I can be wavering in my walk of faith at times as well. At the end of the day though, everything turned out fine and I really had nothing to worry about the entire time. The heavenly father is the source of all strength and power, so I need to continue trusting in him and his process even if it gets hard at times in my life.

This event has definitely impacted my nursing care to other patients beyond this one, it has made me more compassionate and understanding of what people are going through as well as being a better listener rather than a talker. Before becoming a nursing student, I always thought that the nurse had to be very talkative and , but this experience has changed all my preconceptions about that. I now understand how important it is in many situations to let the patients speak for themselves, rather than trying to speak over them. A lot of the time, patients

just need a listening ear so they can vent their frustrations and experiences with somebody else. In a sense, being a really good listener is a form of therapeutic nursing care because it helps patients with their ailments indirectly. In this case, letting the patient just talk about herself and her experiences with getting hospitalized was enough to calm her down and make her feel more relaxed about her situation.

In conclusion, while I am still a relatively new nursing student with a lot to learn, I am grateful for the small amount of experience I have with my clinical rotations. They have allowed me to have a glimpse into what my future profession is going to be like, and they have shaped how I treat my patients and will continue to do so. I also recognize the fact that my experiences in clinicals have spiritual significance in the sense that they bring me closer to God and strengthen my walk in faith. I plan on continuing this trend of giving nursing care while also glorifying God in the process. I will continue to put my faith into God because he has a plan for me to become a registered nurse, so I must continue to build that strong relationship with him in return for the strength he gives me to push through this incredibly difficult nursing school journey.