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Nur 301

Spiritual Paper

Due 3/31/23

A clinical experience that impacted my spiritual life was this semester at North central Bronx. I was assigned with my partner, a 40-year-old dementia (Alzheimer disease) patient. His wife dropped him off at the hospital 3 months ago and said she couldn't take care of him anymore and never came back to visit him. He was alert and oriented x0, incontinent, full feed, take meds with an applesauce. We performed head to toe assessment, vital signs, and helped feed him. We also gave him meds, heparin, and Alzheimer medications. He is unable to formulate sentences, just mumbles and makes loud noises when no one is around. The charge nurse explained the reason why he's been here for 3 months is because the wife hasn't been returning their phone calls about the next step of his care. Also, a social worker stated it's hard to find a nursing home for him because of his age (He is 40 years old) and insurance, but they are still working to try to find a long-term care facility. I asked the Nurse if this patient has anyone who has come to visit him for the past 3 months and she said that no one came to visit him. I was also told that his mother had Alzheimer disease as well. Overall, as a Nursing student it made me kind of sad and realize I will face more cases like this and this is reality. As a nurse we committed to still provide the best care to all patients that we are assigned to.

This clinical experience impacted my spiritual life by making me realize that we must be grateful for every little thing in life, including the smallest things we overlook. Also be grateful for the people that are around and care for us. On my way home that day, I had a talk with God, and I asked him to forgive me if I ever sounded ungrateful, or selfish. This clinical experience also made me realize that life is so short, and we need to be grateful for things in life. Instead of always being hard on ourselves, always saying we need to be better. Just take a moment to thank the lord how far we came and continue to be humble. Furthermore, it made me realize that I need to be closer to God. Allow God to use me as a nurse and help people in need, especially in cases

like this. Overall, the spiritual meaning it showed me that God wanted me to be a nurse and it's my calling to help people like this in need who can't advocate for themselves. It showed me that I need to communicate with God more and continue to build a good relationship with him.

I think this clinical experience made me look at certain things differently. It made me realize that I need to continue to be more kind, compassionate and caring for others especially in cases like this. It also made me more aware about reality as a nurse, goals, and responsibility we must fulfill. Learning to control our emotions and leaving everything up to God. This experience helped me grow in a spiritual aspect, it taught me to have more faith and trust in the lord. God is going to use me to help touch and heal people who are in need. It helped increase my awareness as a nursing student. This experience impacted my nursing care in a positive way. I'm more motivated to help and learn during clinicals. Open to feedback from nurses, clinical instructors. More kind to my patients, if they are alert and oriented, I'm willing to have heart to heart conversations. This also impacts my care as a PCA at my job. I'm more aware of my patient's needs, more willing to answer call bells and to provide the best care possible.

As I reflect on my spiritual journey, I've come a long way and God knows and sees my heart. Begin with being lost, lack of faith, having so many doubts, angry, and tense. Once I started praying, attending alliance university opened my mind on spiritual aspects, attending to nursing clinicals, and praying before class starts. I've seen my growth for the past year and a half. In life it's not how you start; it's how you finish. I used to think I would always be alone, but I realized that I have the lord to lean on. I have God to lean on when I'm happy, Sad, Angry, confused. I've realized as a Nursing student when I'm a nurse I will have more clinical experience that will impact my spiritual life, help me grow on my spiritual journey, and impact my nursing care to my clients. As I continue to build with God and build faith, I hope that in the

future I will have a more open mindset and understand why God is using me in certain clinical experiences and provide the care that is needed for my clients.

In conclusion, this clinical experience of a 40-year-old with Alzheimer disease at first made me kind of sad and was shocking to see someone so young suffer from a disease they cannot come back from. Also, to see that this client has no support from family or friends, he was all alone and can't even realize he is all alone. Furthermore, having difficulty being placed in a long-term facility due to his poor family support, age, and insurance. This experience motivated and reminded me why I wanted to become a nurse. Provide support, compassion, competent care, and advocate for our clients. This experience was an eye opener, to cherish life and live it to the fullest, because in a split second your life can change, and you can be all alone. This made me realize, we will always have the Lord even if we feel like if someone is alone, they have the lord. This impacted my spiritual journey in a positive way, how important it is to have a relationship with God, always give him glory, always lean on him, and realize the gift God gave you, and use it to help others in need. Understand that God will put us in situations you can handle, sometimes our emotions can change the way we look at situations. I realize that God used me that day to see that I will have similar clinical experiences in the future. He is preparing me to help heal others, support, and advocate for others in need. The lord is also showing me that he will use me in certain situations, to help heal others. Furthermore, this experience made me closer to God, increased my awareness, compassion and care for others as a nursing student and future nurse.