

Shanique Spence

Journal 1

Today was the first day of my pediatric clinical rotation. My patient was a 13-year-old male who was admitted for a left dislocated knee with compartment syndrome, and a peroneal nerve injury. He had a fasciotomy to clean out the dead tissue. When I entered his room, he was alert and oriented, his respiratory functions were stable at 15 breaths per minute. His cardiovascular system was also stable, his heart rate was 81 and his blood pressure was 123/57. He had a brace on his left leg and was not able to bare any weight on it. He used a walker to assist himself to the bathroom. He was on a regular diet and was able to get dressed by himself. He did not report having any pain. He had some swelling on his left foot but there was still good perfusion to the foot.

The greatest challenge I had this week was when I was performing a straight catheter procedure. Being that this is a sterile technique, I contaminated the field when I tried to remove a piece of paper with my sterile gloves. I thought that because it was the paper that the sterile gloves came out of that it was also sterile. I now know how to appropriately do this skill because I was able to try again by starting over. However, my greatest accomplishment was that I was able to do an assessment on my patient with 100 percent confidence. I have practiced those skills and being able to execute them made me proud of myself.

An area for self-reflection for me during this week is that I am slowly figuring out what kind of nurse I want to be one day. Talking with the patients, and being able to help brings me such joy, and it's something I want to continue doing. I was also able to practice my skills such as giving an enema, straight catheterization, and changing a tracheostomy tie. I have done these

skills in the lab but never on a person before, so I was a little nervous. However, I was able to successfully complete these skills with some assistance. I also was able to communicate with my patient, I asked him for background information such as how the incident occurred, and we talked about his surgeries. I also educated him during this conversation about not putting too much weight on the leg until indicated, and I also brought his walker from the bathroom to his bedside, so he has access to it.

Overall, an area for improvement for me would perform skills without needing assistance. I know this will take time and practice, but I am excited to continue to practice and one day perfects these skills. A scripture that meant a lot to me this week comes from Psalm 41:3, "The Lord sustains them on their sickbed and restores them from their bed of illness." It's hard seeing children ill because they are so innocent, but this scripture helps remind me that they are protected by the Almighty God.