

Treshawna Cook

Journal 3

April 1, 2023

During this week of clinical I was assigned a 3-month-old baby who was admitted with bronchiolitis. Bronchiolitis is the inflammation of the bronchioles caused by acute viral illnesses. This is very common in the winter and early spring. Viruses that can cause this are rhinovirus, influenza and adenovirus. My patient's temperature was 98.6, heartrate 131, respirations 42 and 02 Sat 100. I was unable to get the blood pressure. The child's weight was 6.27 kg and height 23 inches and 62 cm. Upon assessment, my patient was warm to touch, pulses were equal, and audible wheezing bilaterally. The mother stated that the child has regained his appetite and drank three 2oz bottles in the last few hours.

My patient was prescribed albuterol 2.5mg for difficulty breathing and wheezing. It is always important to educate the patient and family members on side effects of each medication. The side effects of albuterol are tachycardia, nervousness, shakiness, and nasal irritation. Prednisone 15mg was also prescribed this medication is used in addition to albuterol to decrease inflammation. The side effects include restlessness, dizziness, and headaches. Lastly, suction PRN was implemented to remove any secretions.

Patient education is an essential part of nursing. Learning should be reinforced during every encounter. When I first entered the patient's room, I asked the mom why her son was here, she stated for asthma. As far as any additional information such as triggers, causes and treatments she did not know. I took this as an opportunity to provide brief education and answer any basic questions she had. The greatest challenge this week was trying to perform assessments on my patient while he was upset and crying. It is difficult to balance because you have a job to

do but your patient can sometimes be uncooperative. I am now learning that when it comes to pediatrics, assessments might not go in the order you would like, but you do the best you can do.

The greatest accomplishment this week was going in with the respiratory therapist to give albuterol and suction the patient. These are all things we have read and answered questions on however nothing compares to seeing it in real time. I did not know the albuterol treatment was given over a course of 15 minutes and it is important to periodically shake the medication. We could hear the secretions loosen up halfway through the treatment. The RT also educated us and demonstrated suction on the patient which was very helpful.

I can improve by becoming more comfortable around children, especially when they are upset and crying. I must admit, I struggled during the assessment and wanted to stop but the mother encouraged me to finish. There are different techniques that can be used to distract a child and to comfort them during their time of need, while still meeting your work requirements. I demonstrated effective communication with the patient, family members, staff members, and members of my clinical group to promote optimal health for our patient.

The scripture reference this week is, "The Lord is with me, I will not be afraid. What can mere mortals do to me?" (Psalm 118:6) I recited the beginning of this bible verse a few times during clinical. It is so easy to be fearful while still learning and practicing in a new environment. I know that God is on my side, and He will carry me through.