

Phoebe Kim

NUR392C

Journal #3

This week was difficult for me. I was 2 hours late because I missed my alarm. I have been feeling stressed and overwhelmed at school. I felt like I disappointed myself because I promised myself that I would get on top of my schoolwork but it's been a tough battle. I felt sad, but I knew I had to shake off the negativity. I had patients to take care of. I was not able to see my patient right away, and I was floating around during my shift. I was able to assist in a bed bath, help with a trach care, and do a physical assessment on my patient. I also did wound care and learned how to change out the bandages. The greatest challenge I had was being tardy for clinical. I'm usually on time for clinical but I was very late. I do not want to be late ever again. I want to be more responsible with my time. My greatest accomplishment was being more comfortable touching patients. At first, I did not want to hurt them. I wanted to tip-toe around but I realized that it would get in the way of providing quality care to my patients. Now I know how to touch them and being firm while not hurting them. I communicated with my nurse and asked her if she needed help with anything. She was happy I asked her but replied that she was okay. I can improve on being more hands on with my assessments and giving a good SBAR report. The Bible verse I chose is from Colossians 4:5 (ESV) "Walk in wisdom toward outsiders, making the best use of the time." I believe that being late was not the best use of my time and I want to be wise and show up for God just like how He showed up for me.