

Nursing Journal #2

This week my clinical hours were spent in the SIM lab. My classmates and I worked on scenarios pertaining to the care of patients with seizures, appendicitis, and asthma. The greatest challenge for me this week was promptly knowing what symptoms pertained to the medical diagnosis. Self-reflection on growth for this week were based on my ability to correctly assess the patient and come up with interventions to improve the condition. I must continue to work on being prompt with treatment and not second guessing my knowledge.

Spiritually, I continue to grow by relying on God to uplift me and trusting my path according to Him. Professionally, growth was attained by communicating effectively with my professor and classmates. My greatest achievement for this week was understanding the difference between tonic and clonic seizure manifestations; clonic refers to periods of shaking and jerking parts of the body, and tonic pertains to stiffening muscles of the body. Reflecting on my technical skills I'm confident in my ability to perform a focused assessment on my patient. Communication with Prof. Popoola was extremely important on this day, she helped me understand disease processes and key symptoms to note in order to identify treatment options. I was able to communicate efficiently with my cohort as we worked together to intervene during a seizure episode. I will continue to work on promptly identifying symptoms that pertain to the medical diagnosis in order to intervene appropriately. A bible verse I found helpful this week was "My flesh and my heart may fail, but God is the strength of my heart and my portion forever" (Psalm 73:26). This verse reminds me that my strength is beyond my physical body, and it will forever be fueled by God above all.

