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NUR 301: Worldview Perspectives

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Spirituality in Clinical Practice

This semester I have clinicals in a medical surgical unit in North Central Bronx Hospital. There were many experiences during this clinical where it impacted my spiritual life. On the first day of clinicals, we had orientation so my clinical group got our badges, toured the unit, went on a scavenger hunt for supplies, attended the skills fair, and performed head to toe assessments on each other. At the skills fair, we learned about fire-safety and evacuation, how to put an IV, when to use restraints, and the different types of precautions to prevent infection transmission. Our clinical instructor also showed us what was in a crash cart and what a 12 Lead ECG machine looked like. It was very interesting to see the topics we learned in class being applied in real life to patients!

At one point of the orientation, I had really bad cramps and was not feeling well and ended up fainting on the unit. I woke and found myself on the floor with doctors and nurses tending to me and lifting my feet up to let the blood flow back to my brain. They offered me orange juice and I was given space to rest. At first, I was very embarrassed from this experience because everyone's eyes were on me, and I felt very vulnerable. However, I was also very grateful for all the healthcare workers, my instructor, and classmates who checked up on me throughout the day. It allowed me to look from the eyes of a "patient" and realize what kind of

care I would want to receive from a physician or a nurse. I was reminded of the bible verse in Luke 6:31, “And as you wish that others would do to you, do so to them.”

I also learned how important it is to take care of our own bodies if we want to take care of our patients. Although it is important to be hardworking and diligent, I am learning how to communicate my limits and express my needs as well. If our health and well-being is not taken care of first, we can't treat the patients with our best ability. By taking care of ourselves, it will help others. If I had fainted while taking care of a patient, it would have been very dangerous and unprofessional. But I trust that God will continue to lead me and guide me in every situation. Proverbs 3:5-6, “Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.”

There are times when I don't feel confident to assess a patient because I don't have enough experience or knowledge yet. I don't want to miss anything or say something wrong to the patient. But I know that it will take time and continuous practice to get comfortable. I am not perfect but God's grace is sufficient. I appreciate the patient's kindness and patience towards me and my imperfection. I want to show that love and care toward the patients I encounter. It is important to remember that we don't know what kind of day someone is having. Therefore, we can't assume their feelings and actions. I believe that it is important to be patient and understanding, even though it may be difficult at times. Ephesians 4:32, “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

I am comforted knowing that God will be with me wherever I go. “Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” Joshua 1:9. So I want to continue to share God's love towards the patients I care for and to my coworkers. Philippians 1:9-10 states, “and it

is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ...”

I hope to continue to learn and grow educationally and spiritually from my clinical experiences. Each week, I go in with the mindset of learning something new even if it is a difficult task or assignment. Having a positive attitude allows me to start clinicals in a better mood and provide the best care that I can for the patients. Each clinical experience has been rewarding and enlightening.