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Worldview Perspectives: The Christian Nurse

Spirituality in Clinical Practice

During this nursing journey I have encountered many clinical experiences but one clinical experience impacted my life and changed my perspective in a spiritual way. Just recently I was assigned to an elderly patient who was just diagnosed with Dementia and seizures. That morning before clinical I had just received from bad news and my mood completely went from being excited to start clinicals to just not wanting to be around the hospital settings at all.

I received report from the morning shift nurse about my patient and the reason why my patient was admitted to the hospital. I greeted myself to the patient that morning, asked the patient if she needed anything before, I served her breakfast and she stated "no I'm okay, I already made my bed this morning." Patient was on a one to one and she was calmed and sitting in bed waiting for her breakfast. I then served the patient breakfast and began engaging in a conversation with the patient. The patient was telling me how hard it was growing up in America and that it wasn't always easy for her especially around the time she grew up. She then told me that she was at the food store buying oxtails to make dinner that night and all of sudden she ended up fainting in the middle of the food store and the ambulance was called, which is why she's currently at the hospital.

The nurse that's currently covering for the patient stated to keep an eye out for her psych episodes because they can happen randomly and when they happen try to engage in happy conversation. The patient loved old school music and loved to dance as well. So, I played some of her favorite music's and she showed me a couple of danced moves and we laughed so much. Taking care of this patient made me realize you could have such a bad day but a patient can really bring a smile to your face even when you're not having such a good day. All I wanted to do was be around that patient and enjoy good conversation and watch her dance.

This clinical experience definitely transformed me in a way that I've never seen before. At this current state in my life, I want to continue putting a smile on people's face even through the rough times. Life is too short to be worried about what we can't fix or dwelling on issues that only God can deal with. The older I'm getting the more I realize happiness is so important and yes at times we may have rough times but we shouldn't continue to the end the day with those rough times. This nursing journey has been really rough for me and seeing patients in the hospital who are not medically doing alright, makes me realize I'm blessed and I need to be thankful for what the Lord has provided for me.

When clinicals was almost over I went to the patient room again and told the patient that I'm leaving and wished her many blessings. She gave me a tight hug and I was extremely thankful to bring a smile to her face. This clinical experience gave me a new perspective and new approach to dealing with situations even when I'm having a rough day.