

Shanique Spence

#### Journal 4

This week I was assigned to a 3-year-old female, who was admitted for Ricketts secondary to malnutrition. She has many food allergies such as mango, oats, wheat fish, milk, peanuts, and strawberry. The patient also has eczema, failure to thrive, tibial fracture, and eosinophilic esophagitis. She has an NG tube in the right nares and receives medication and feeds therapy through it. The patient is incontinent and voids in a diaper. Her skin was intact, her heart rate was 118, her blood pressure was 93/57, and her tympanic temperature was 97.0. I was able to do a developmental assessment on her to assess whether she was meeting her milestones. I observed her at her physical therapy, and in her classroom. Based on my observation she does have some fine motor delays, as she was just beginning to throw objects and have voluntary release. She also makes minimal eye contact with other children in the class, and she is also nonverbal. After speaking with her therapist, they advised that she has made improvements since her first admission 3 months ago, and some of her delays might be due to her underlying condition of Autism.

My greatest challenge this week was communicating with my patient's mother as she did not speak much English. I wanted to know the patient's therapy schedules so that I could observe, but the mother misunderstood what I was asking so I missed the patient's food therapy session. This interaction has taught me to use the translator app even if it's something simple so that there is no miscommunication in the future. My greatest accomplishment was that I was able to help the nurse I was shadowing with her task, as she felt I was capable and prepared to do them on my own. I was able to feed one of her patients and help with medication administration.

An area for self-reflection for this week was that I enjoy being at the hospital and being able to talk with the patients not just about their illnesses but just learning about them, such as their interests or hobbies. With each clinical experience, I learn that nursing is not just about treating the person's illness but being a friend, especially for patients who are long term care.

I was also able to educate my patient's mother on her daughter's schedule. She wasn't sure what times her daughter and therapy were as the schedule in her room was not fully filled in. I advised her that there was a book at the nursing station that also has the schedule in it and that if she isn't sure to always ask a nurse for guidance. Overall, this week was a great experience and I enjoyed it a lot.

The scripture of the week for me comes from Galatians 6:2, "We were never meant to do life alone. We need the love and care of others, as much as we are needed by others in the same ways. Next time you see someone struggling under the weight of a burden, be sure to offer your time, resources, and strength as a blessing to that person." This reminds me that everyone wants to feel love and that they matter. So, it's important to spend a little bit of time talking with someone as it might be just what they need to help them through a bad day.