The core values within our program are critical thinking, safe and competent practice, caring, communication, holistic care and professionalism. Consider your experience in clinical this week and answer the following questions.

1. How did you demonstrate critical thinking within the nursing profession today? What was the most difficult part of the nursing process for you? What was the easiest and why?

In the beginning the most difficult part of the nursing process for me was the assessment of the patient. I found it important to talk with the client and make them feel comfortable before I started taking vitals. I soon learned that it was important for me to take on the nursing role in this situation and realize that it is important for me to take the vitals initially when walking in the door. I then came to realize that patients don’t really find this awkward because they realize that it is something that needs to be done on a daily basis. It is much easier to spark up a conversation while performing these tasks then to be standing there awkwardly trying to find something to talk about.

2. What parts of the implementation of care showed safe competent practice today? Did you learn something new related to patient care…what? Is there anything you would do differently next week?

I can’t even begin to write down all of the things that I have learned coming through this experience. I came in not knowing how to care for a client and what to do at all in the beginning of the semester. Now I find myself doing things naturally that I would have to plan and think about initially. I have learned about medications, wound dressings, PICC lines, IV pumps, barrier cream, caring for the client, and basic aspects like grooming, bathing, showering, and ADL’s. The list goes on and on to describe the things that I have learned at this facility and I am ecstatic to be able to have had this experience.

3. Caring as a professional may be confusing at times. How did you demonstrate empathy today? What difficulties did you have with caring in the clinical setting?

There were so many different types of clients that I got to care for, it felt like there was a different way to feel empathy for someone every week. Whether it was someone that was expressing that they were tired of living, or someone with dementia who was extremely confused, or even someone that needed to have someone sit with them and just talk because they were lonely. All of these experiences helped me grow and helped me learn how to approach and show empathy for all types of clients.

4. Communication is another important behavior in nursing. Who did you communicate with today? Why? How? Was the communication effective?
Communication was key through the experience at this facility. Some clients needed a plan for their day, they liked to talk with students. Sharing the information with the nurse was important for documentation purposes. There were also clients that needed special attention and bringing these things to the nurse’s attention was important so they would know for the future like a type of food that they liked and would eat the most of if they were having trouble keeping it down. Also planning with the nursing assistants and discovering when they were going to do showers and clean people up, working with them and my instructor was important. When we all worked together everyone including the clients were happy. And of course working and communicating with our instructor on confusing topics or learning new aspects of the nursing profession was imperative.

5. How did you give holistic care today? Did you care for someone of a different culture, who spoke another language, or had never been in a hospital before? How did you plan to work with that client? Was your plan effective?

Holistic care should always be demonstrated in a nurse’s work. Caring for different people from all types of different backgrounds, different education levels and different ways of viewing the world was amazing. I found it extremely important to get them to open up and explain their views on life to me to be able to understand where they were coming from. It was also discovered that it is important to listen intensively to someone that you may not be able to understand that well and ask them to repeat things that you didn’t get. This is the only way to communicate effectively and be able to get their needs and wants across without missing something that is important to them.

6. Professionalism reflects integrity, life-long learning, legal, ethical principles, dress codes, timeliness, respect for peers, staff / faculty, joy within nursing and so much more. How do you see professionalism developing in you? Is it changing? How?

Walking into the facility to do care the first day, I felt like a deer in headlights. I didn’t know which way was up and I even contemplated for a minute if this was the profession I wanted to go into because I was so lost. I then discovered that nursing skills do not come overnight and it takes practice and a lot of dedication and planning ahead to be able to become a great nurse. I soon found once I became more comfortable and took the bull by the horns and stepped into the nursing role that this is what I want to be doing the rest of my life and I couldn’t see myself doing anything else. I love the environment, and I love the interaction with people because there is nothing like relieving someone’s pain or just making them feel happy in a sad time. I hope that I grow into a great professional because I understand that I still have a lot of growing to do but I hope that I am able to make the difference that I wish to make.