**Summary of progress (Discuss concepts identified in the course, learning plan progress, skills)**

I learned many valuable things from this clinical experience.

I was able to complete my patient education SMART goal where I educated patients about safety precautions to take prior to their hip/knee replacement surgeries. I was able to partially complete my goal of complex dressing change. This is because I only got the opportunity to perform one complex dressing change, while my goal was of doing two.

I demonstrated evidenced-based decision making by quickly responding to a patient who's oxygen saturation was falling and then doing interventions like increasing the oxygen supply with he nurse's advice, and teaching the patient pursed lip breathing and coughing exercises.

I observed the insertion and removal of foley catheters in males and females’ multiple times which helped me understand what to be careful about and how to perform these tasks to reduce any harm or pain (such as having the patient cough to help distinguish the urethral meatus from the vagina, and having the patient breathe in and removing the catheter on exhalation). I also had the opportunity to remove a foley catheter from a patient.

Furthermore, I observed multiple complex dressing and got to perform one complex packing dressing change on a patient. I learned a lot from these experiences including how to make my patient feel more comfortable while doing the dressing change.

Additionally, I got to communicate with interprofessional team members like physicians, physiotherapists and pharmacists which helped me better understand their roles and methods of working. I also observed interprofessional roles such as that of a charge nurse, training nurses, and RPNs and senior RNs as well. Additionally, I was able to gain a stronger understanding of how hospital rounds work both, with and without technology.

Moreover, I was able to get proficient in taking vital signs and performing perineal care, and bed baths by continuing to use every opportunity I had to complete those tasks for patients. I also learned and applied effective ways to reposition patients with total knee arthroplasty and hip replacements and understood the importance of implementing those techniques. Additionally, I became proficient in head-to-toe assessments and recognizing normal and abnormal findings in patients. Moreover, I became more confident in doing simple dressing changes, administering oral medications and taking blood glucose for different patients.

Furthermore, I gained a deeper understanding of prioritizing patient's care needs and creating effective, evidence-based care plans. I was also able to accomplish partial or all of the SMART, short-term goals I created for my patients. In addition, I educated patients on the importance and technique of certain psychomotor skills such as using the incentive spirometer, and doing deep breathing and coughing exercises. I participated in health promotion activities by encouraging patients to sanitize their hands after using the washroom, drink more water, brush their teeth, changing patient gowns and bed sheets, ensuring patient's bedside tables are clean and organized, and their room's floors are free of clutter. I was also able to collaborate more with my patient’s nurses during this clinical experience and listen to shift reports. This helped me became better at using the SBAR method to communicate patient information with nurses. I also effectively used the DAR method to chart on patient’s paper charting files. I was also able to teach multiple patients about the safety precautions they need to take prior to their hip/knee replacements and my patients demonstrated signs of understanding the teaching.

Lastly, I demonstrated collaboration by working together with my patient’s nurses and fellow peers while doing perineal care, repositioning patients, obtaining vital signs, teaching about the incentive spirometer, doing dressing changes and when working with catheters.

**Strengths (Things you did well consistently):**

Inmy opinion therapeutic communication, professionalism and critical thinking have continued to be my strengths in clinical.

I believe therapeutic communication is my strength because I pay attention to the details about my patient and what makes them happy or sad including their interests. This way, my patients feels like they are important and understand that I care about what is important for them. Having this understanding allows me to build a trusting relationship with my patients. Additionally, I am able to identify what techniques are most effective for my patients by talking to family members and then I apply those techniques to attain better patient outcomes. For example, instead of saying take a deep breath in and exhale completely, I said “smell the roses and blow out the candles” which I learned from a patient’s daughter. This helped the patient feel more comfortable, happy and understand me better. Moreover, I am able to communicate with patients who are non verbal by observing their non-verbal clues and understanding their pattern of communication.

I have consistently demonstrated professionalism by listening to my clinical instructor’s instructions, adhering to my scope of practice as a student nurse, asking questions when I need clarification and by doing my best at every task I am assigned to do. I also ensure that I am always in professional attire and have all the tools I need. Additionally, I make sure to maintain professional boundaries with my patients at all times while communicating therapeutically.

I believe critical thinking has been my strength so far because I was able to correctly identify and prioritize the most important care needs for my patient in my clinical worksheets. I also used new ways to interview with my patients such as asking (social, cultural, personal questions in the clinical worksheet) in a fun way so that my patient’s do not feel intimidated and enjoy sharing their personal information with me. I was also able to communicate with a patient to help them better understand what is going on in their body and why they were admitted to the hospital.

**Areas for Improvement/Growth (Things you need to work on): Must be addressed in your learning plan for the next clinical experience**

So far in clinical, I have had the opportunity to remove a foley catheter and perform complex dressing change. However, I believe I can further enhance my complex dressing skills and I would also like to find opportunities to insert foley catheters.

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| **Summary of progress (Discuss concepts identified in the course, learning plan progress, skills)** | Eman has successfully completed all competencies for NURS 2522.  Since mid-term Eman continues to demonstrate her knowledge of infection control practices at WRH by donning and doffing appropriate PPE and following precautions outlined on door signage. Eman continues to ensure the safety of her patients by performing q2hr comfort rounds per hospital policy and documenting them accordingly. She has identifies possible risk factors for infection such as foley bags on the floor and ensures that measures are implemented to correct this. Furthermore, safety measures were implemented with each Morse Fall Scale evaluation by implementing precautions such as fall socks, ambulation assistance using proper body mechanics and assistive devices when required. Eman had a med pass opportunity when electronic systems were functioning and observed med pass during system downtime to note the lack of active orders for the identified patient during the critical downtime period and she was able to identify risks and possible negative outcomes of adverse events. She remains thorough with her documentation of head to toe assessments and calls upon her instructor for further assistance or clarification of findings when required. Transitioning from electronic to paper charting was done so with relative ease and navigating bedside charting was challenging due to unavailability but completed by the end of the clinical shift. Eman has provided post-operative education for the use of the Incentive Spirometry, deep breathing and coughing exercises, importance of safety measures, importance of sleep, activity and hygiene. Eman pays attention to detail and ensures that all aspects of patient care are carried out during her clinical shift (am care, vitals, accuchecks, O2 assessments, skills). Eman has successfully created a DAR note for skills performed with the assistance of her instructor and documented in the Progress Notes. She has performed a simple dressing change and a complex dressing change with packing following proper sterile technique with assistance from her instructor. She is receptive to constructive feedback and incorporates this into her learning. She continues to works well as part of a team and communicates well with her instructor, fellow peers, staff and instructor. Eman engages in effective therapeutic measures with her patients as noted during conversations with her trach patient through the use of a white board. She offers assistance when needed and displays confidence in her ability in the clinical setting.  Clinical Assignment:  Oct 26th- Trauma (left hip pinning, fractured left wrist/thumb) Nov 2nd- Left total knee replacement Nov 9th- Left total knee replacement Nov 16th- Sepsis (Wound packing) Nov 23rd- Laproscopic Cholecystectomy  Reflective Journal: #3- Medication Administration experience #4- Ethics surrounding cyberattack |
| **Strengths (Things you did well consistently):** | - Eman continues to demonstrate followership by identifying abnormal findings and providing all relevant data to the primary nurse to assist in effective decision making about patient care needs. - Eman continues to submit all clinical documents, reflective journals and clinical worksheets with scholarly articles that support professional and knowledge based practice. Her nursing care plans developed for her patients are relevant to their clinical diagnosis, her clinical worksheets clearly outline identified goals with appropriate actions to achieve them. - Eman comes prepared for clinical in appropriate attire per U of W policy, required supplies and with completed clinical worksheet. - Eman clarifies due dates, clinical assignment expectations and advocates for the group when scheduling conflicts occur. - Eman possesses a calm, compassionate and caring bedside manner that allows her to develop therapeutic communication with her assigned patient. - Eman continues to demonstrate the co-ordination of care for 1 complex patient and will be ready to advance to a 2 patient assignment moving forward. |
| **Areas for Improvement/Growth (Things you need to work on): Must be addressed in your learning plan for the next clinical experience** | - Continue to seek out new learning opportunities to further your knowledge in the clinical setting and to transfer theory learned during lab into practice. - I encourage you to continue to review medications and link them to your patients current diagnosis and past medical history to further understand the pharmacological use. Great job with your current Medication Administration Worksheets! - Continue to practice your skills learned in lab so you are ready for when the experience becomes available and you are aware of what supplies are required. - Continue to practice your sterile technique and preparing your field for a sterile packing. - I encourage you to be more assertive when assuming the RP role. Clarifying task completion of those in the group and re-evaluating the status of skills being performed will help co-ordinate break times and completion of tasks. |