Reflective Clinical Journals

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Author Note

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During the start of the process, I had a set of personal learning outcomes that I wanted to achieve over the next eight weeks. I knew things were going to be tough. However, I chose to persevere and was able to not only achieve my personal objectives.

In order to prepare, the very first thing I did was revise the HIPPA regulations. In my opinion, while learning theory, the practice of protecting client privacy is often overlooked (Kayaalp, Browne, Sagan, McGee, & McDonald, 2015). Thus, I believe that choosing to go through the regulation was not only helpful, it also enabled me to adhere to the core competencies presented by QSEN (Alexander, Armstrong, & Barton, 2018).

On the very first day of my clinical rotation, I was tasked with performing complete physical examination on patients. Later in the day, I described my findings with my clinical instructors. Over the course of the following week, I was tasked with discharge planning of the patients admitted to the hospital. Here, I identified the needs of the patients and identified their needs on the basis of home healthcare needs and visiting nurse requirement.

During week two and three, I was tasked with the preparation and administration of IV push medication. The task was easy but required diligent attention. Week four, I had to change the colonoscopy bag. I was also supposed to educate the patients on how to take care of the colonoscopy bag and change after being discharged.

Week eight, the last week of my clinical rotation, I learned how to insert an IV line. This was the hardest thing I had to handle during my clinical rotation, thus I had been preparing in anticipation for weeks. When it came down to it, I was able to do as needed and insert an IV line, with some assistance.

# Reference

Alexander, C. C., Armstrong, G., & Barton, A. J. (2018). QUALITY AND SAFETY EDUCATION FOR NURSES. *Introduction to Quality and Safety Education for Nurses: Core Competencies for Nursing Leadership and Management*, 39.

Kayaalp, M., Browne, A. C., Sagan, P., McGee, T., & McDonald, C. J. (2015). Challenges and insights in using HIPAA privacy rule for clinical text annotation. *AMIA Annual Symposium Proceedings*, *2015*, 707. American Medical Informatics Association.