Self-reflection

 I have learned a lot after my clinical class. The clinical setting is located at 80 Pitt Street, the Lower East Side community. It is a Grand Street Settlement which provides assistance to low income senior citizens of all ethical and racial backgrounds. The Grand Street Settlement provides meals, referrals, health screening, art and cultural workshops, and physical and recreational activities for all seniors. As a NYCCT nurses, my classmate and I provided the blood pressure screening for the seniors who come to the Grant Street Settlement.

 During my clinical rotation, I have acted professionally and have become more active in clinical conferences. We usually have pre-conferences and post-conferences every Wednesday. At the pre-conferences, we discussed about any health-related topic about the community on the news or newspaper. At the post-conferences, we discussed about what we have done that day. This gives me an opportunity to participate actively in clinical conferences. In addition, I always completed assignments within designated time frame. My partner and I submitted an outline and power points for educational presentation on time. The presentation is about fall prevention for the old adults. In order to provide a better education, effective communication is an important aspect. I always think appropriate words which will promote the senior’s understanding about my presentation. My part covered some interventions to prevent fall for older adults. The interventions are exercise, increasing intake of vitamin D, and proper usage of devices. I included some pictures to promote their understanding. I explained the pictures in detail, especially the correct usage of canes. I also encouraged all seniors to participate in a demonstration about the simple exercises. In order to instruct the senior about the proper usage of the cane, I assessed their habit about the cane’s usage. I identified that one senior has an incorrect way of the cane’s usage and helped him to correct it. However, it’s hard because he seemed to develop the habit of holding the cane on the weak side. It’s a great experience for me. I enjoyed the participation of the seniors. They asked questions and showed some understanding about our presentation.

 I also learned to collect significant data relevant to client’s needs. During interactions with seniors, I recognized one senior have been drink too much of coffee every day. She stated that she drunk at least 4 to 5 cups a day. I have identified client’s problem related to dehydration and educated the client with awareness of the client’s personal preferences. Encourage the client to cut down 2-3 cups a day, then 1 cup a day.

 At the Grand Street Settlement, my classmate and I are also participating to conduct the survey. The survey asks general questions about each individual age, ethnic background, health insurances and general health problem. The survey will assess the needs of this particular community and they are looking for the grand from the government to provide more services for the seniors in this community. It is time-consuming because it will take 20 to 30 minutes to complete the survey. The seniors may not interest, unless we give out a gift bag after the survey. By doing the survey, it helps me to connect and understand more about the seniors who is living in this community. During the NORC survey, I also aware of confidentiality with data collected.

 Finally, it is a great opportunity for me to learn and growth in a different setting. In this setting, I worked a lot with seniors, identified each individual needs and helped them. I have learned to assess the community by asking appropriate questions and collect necessary data.