

Essay 1: Caring for a Patient With Post-Surgical Complications

Introduction:

During my surgical ward placement, I was assigned a patient recovering from abdominal surgery who developed unexpected post-operative complications. This was my first experience managing a patient with sudden changes in condition, and it challenged both my clinical knowledge and confidence.

Reflection:

At first, I felt anxious and overwhelmed, unsure how to prioritize tasks while monitoring vital signs, administering medication, and keeping the patient comfortable. Observing the senior nurse handle the situation calmly helped me realize the importance of preparation, quick thinking, and following protocols.

Learning:

I learned that nursing requires both technical competence and the ability to remain composed under pressure. By reflecting on this experience, I recognized the need for clear communication with the healthcare team and careful documentation to ensure patient safety.

Future Application:

Moving forward, I will focus on strengthening my skills in patient monitoring and emergency response. I plan to review clinical procedures regularly and shadow experienced nurses in high-pressure situations to build confidence and competence.