

Nutrition_Clinical SEL Competency 2.5 and reflection

I had a few instances where I either followed or had a patient who came to the hospital on an NPO status or became NPO during their stay and some even stayed in that status for 5 or more days. I also had patients who were on a diet protocol due to their current health status. We would evaluate but eventually follow the doctors' orders. However, we would recommend protocols for those who may need digestive aids or any other medications to alleviate their symptoms. The one experience I had at the end on my SEL, was a patient who was NPO for at least 1 week but maybe even longer. They switched her to a full diet, but I was about to leave for the day, and I noticed they switched her diet order. So, I ended up running to that floor where the dietitian was to tell her about the situation and they were able to submit the appropriate diet order and medications to ensure there was no adverse reactions or put the patient at risk for harm. This was one of many experiences I had when patients were at risk of refeeding, but this was the only situation, where I was able to assist in the entire process and actually help a patient that may have been missed.

Reflection

I think this was one of the most memorable experiences throughout my entire SEL. While I was able to help or assist many patients in my 6 weeks journey, the experience I mentioned above was one of the only experiences where I was able to find and prevent something and work alongside a dietitian to prevent harm from potentially happening. The dietitian was very surprised that I caught this because it was around 1hr after I was supposed to leave but I wanted to ensure that the patient was taken care of. This will be very useful for my career because I was already very passionate about nutrition and healthcare but since this happened it, shows that we can truly make a difference. I thought this was very useful and I valued it extremely because not only because I was able to help patients, but I also received praise from my dietitians. By using

knowledge from my SEL and my coursework I was able to gain even more experience that I think will be very useful in not only my future career but in life. There were several deviations from the original plan when it came to these competencies. I was original plan was to work every floor in the hospital which I did, but on multiple occasions the patients who met the criteria we originally set out for, were either discharged or had imaging being done but luckily, I was able to either chart review and see them at a later day or see another patient that fit the criteria. This specific competency helped enhance my skills in deciding what medications to prescribe if needed for a large variety of patients, along with what protocols to follow when it came to patients undergoing or following certain surgeries or procedures. While this was a very specific case that I think is rare, I think everyone should have this experience and the other experiences I had throughout my SEL. I would do these competencies again, but I would also try to see more patients that fit these criteria to further refine my skills.