

Nutrition_Clinical SEL Required Learning Activities and reflection

I was able to either assist the nurse or attending in measuring blood pressure, blood glucose testing, nutrition related prescriptions or modifications, teach patients about monitoring blood glucose, BG tube placement, swallow screen and initialing referrals to the appropriate health care professional. Each one of these required activities, took the dietitian staff careful planning because of the scheduling and the randomness of patient care and health made creating time slots very difficult. The hardest activity to complete was the NG tube placement and assisting in the process. Through week 1-6 we had several chances to complete this, but each time we were either tasked with another activity, or we just missed the patient. However, in the last week of my SEL, I was able to complete this activity. It was very interesting because it was on a patient who was very receptive to the placement and the nurse allowed us to assist her by walking through the steps with her and being able to observe the preparation, the actual placement and the follow ups.

The other requirements, I took on my own fruition because how each floor operates, I coordinated with the nursing staff, while doing rounds to assist them in measuring a patient's blood pressure, and I did this on multiple occasions. The waived point of care for glucose testing wasn't as easy, because this usually happened early in the morning or in the evening when I was assessing the floors or already gone for the day. But once I got the hang of the routine, I left for rounds as soon as I got to the hospital to complete this requirement. I already went into detail for the pharmacotherapy with several patients in another competency, but because it is a required competency, I helped with ensuring patients didn't refeed and ensured they received the proper bowel regiment for their current health status. The last competency was the swallow screen, and I helped the dietitian refer to a health care professional and then alter observed a swallow screen being completed.

Reflection-

Throughout the 6 weeks SEL, I found that scheduling times with health care professionals requires patients because the hospital never stops moving. When I was going through all the competencies my thinking changed dramatically and made me think of my time in the military. Because we have a saying of hurry up and wait, this is kind of what happened here, I would run to a floor to meet and health care professional, all to either must wait an extended period or it would be cancelled but without me knowing. However, this was useful to know for my future career, because now I have an understanding that time doesn't stop for you but rather you should adapt to the hospital and its time. Something new I learned throughout the process was how the NG tube is placed, and while I have watched several

videos and reviewed plenty of resources, being able to see it up close was very interesting. The closest I have been to a NG tube was my time in the army where I must place a breathing tube in my nose and my soldier's nose for combat lifesaving course. The largest obstacle I encounter, was time and scheduling. Because I only had 6 weeks, and had plenty of competencies to meet, finding time in between patients to complete all of these was interesting to say the least. I had a great time learning and experiencing these but given that everyone has a chaotic schedule it made my SEL time of 6 weeks very stressful but knowledgeable. I was really hoping to at least do these competencies at least once per week to become more proficient but was able to at least experience them all at least once, so I walk away with more knowledge and experiences. All in all, this was a great learning experience, I hope that all future students can experience everything I got to do during my SEL and with the varying experiences of each dietitian, it gave me a well-rounded perception of this hospital.