**Introduction Journal (10 points)**

1. What do you feel are strengths that will help you during this clinical?
2. What do you feel you need to work on during this clinical?
3. Name at *least three personal goals* for this clinical. Be sure they are measurable. You will use these in combination with course objective in your final self-evaluation.
4. What do you do to care for yourself when you feel stressed, anxious or overwhelmed?
5. Clinical Schedule (if have). If don’t have dates, where are you in the process with preceptor
6. Is there anything additional information you would like your clinical faculty to know about you?

The following text is used as a guide in forming questions related to wellness, self-care, leadership, and resiliency.

Fontaine, D., Cunningham, T., & May, Natalie. (2021). *Self-care for new and student nurses*. Sigma Theta Tau International Honor Society.

**Template Journal #1 (20 pts): first 36 hours**

**Clinical Dates:**

**Part 1: Self-Care**

Starting a new semester and new clinicals can be stressful. Reflect on and discuss these first clinical hours and the first few weeks of the semester. Were there times you felt stressed, anxious, or overwhelmed? Write down what you did to calm yourself. Be aware of healthy versus unhealthy coping. Put a “plus sign” next to those activities that you want to continue to use. Put a minus sign next to those you may want to eliminate or modify. List three self-care goals for this semester. What are your plans for utilizing the headspace app.? What did you find useful? Not useful?

**Part 2: Your Patients**

For each day, provide a list of the patients on your team, their age, their diagnosis, and a rationale for your prioritization of their care (what data did you use to make your decision?). Include *significant* information you needed to safely and effectively care for these patients. Can do this in a narrative, bullet point or in a table format.

**Part 3: Addressing Specific Course Objective**

**Course Objective 2**: Assess, diagnose, plan, implement, and evaluate the nursing care of a group of patients.

From your above list of patients (part 2) choose one to address in depth. Include the following information:

1. What is the patient’s admitting diagnoses. Briefly demonstrate your knowledge of their disease process (pathophysiology) including comorbidities and how they interact with the admitting diagnosis. *Please provide references.*
2. What medications is this patient taking? Why (be specific to their disease process)?
3. What labs did you look at prior to giving medication and/or planning patient care? Why?
4. What other pertinent information do you need prior to caring for this patient? Why?
5. Document your assessment (in a narrative format) of this patient. Include relevant subjective data as well as your objective assessment.
6. From your assessment provide a problem list. Don’t forget to include psychosocial issues.
7. What was you plan of care for this patient? Please provide Evidence-based references.
8. Were you able to implement your plan? Provide an evaluation of your plan. What went as planned? Did you need to make adjustments to your plan? Why?

**Part 4: Reflection on Clinical**

Reflect on your past 36 hours of clinical. Where do you think you have grown in your knowledge and skills. What went really well? In hindsight what would you have done differently? This is a place to discuss any concerns, challenges, and/or unusual incidents that presented themselves during clinical. Review your three personal goals (from your introduction journal). Where are you in meeting these goals? What would you like to accomplish in your next 36 hours?

**Template Journal #2: second 36 hours (Total 72 hours)**

**Clinical Dates:**

**Part 1: Self-Care**

1. List at least 5 stressors that are unique to nurses in the workplace.
2. What do you do to recharge after a hard day?
3. Provide information on a stress reduction technique in the form of a “bathroom poster” to the nurses on your unit. Headspace is a good resource. Please take a snap-shot of your poster and include with this journal. If you are on a unit with a classmate—you can collaborate on one poster.

**Part 2: Your Patients**

For each day, provide a list of the patients on your team, their age, their diagnosis, and a rationale for your prioritization of their care (what data did you use to make your decision?). Include significant information you needed to safely and effectively care for these patients. Can do this in a narrative, bullet point or in a table format.

**Part 3: Addressing Specific Course Objective**

**Object 3:** Functions under supervision in the role of patient care manager, coordinating the care of groups of patients. In this journal analyze and reflect on own decision-making process in the role of patient care manager.

1. Demonstrate your understanding of delegation. What are key elements? What are the potential advantages and disadvantages of delegating? Reflect on when you delegated a task during this clinical. If haven’t delegated—why?
2. Reflect on your ability to work as a team member. What are barriers you might be facing as a student? As a new graduate RN? How can these barriers be minimized?
3. Making a plan for organizing your day allows for you to effectively care for a team of patients. Reflect on a day (or specific incident) that made if necessary to change your plans. How did you adapt to the change? How did this change interfere, or not, with how you managed your time and care of the team of patients?
4. Seek out an opportunity to interact with interdisciplinary team member(s), for example physicians/practitioners, respiratory, physical therapy, speech therapy, case manager. Discuss a time when a patient on your team needed a referral to an interdisciplinary team member. Were you directly involved? If not why?
5. Reflect on your role as a follower versus functioning as a team-lead for your group of patients. Evaluate you own decision-making process and actions.

**Part 4: Reflection on Clinical**

Reflect on your past 36 hours of clinical. Where do you think you have grown in your knowledge and skills. What went really well? In hindsight what would you have done differently? This is a place to discuss any concerns, challenges, and/or or unusual incidents that presented themselves during clinical. Review your three personal goals (from your introduction journal). Where are you in meeting these goals? What would you like to accomplish in your next 36 hours?

**Template Journal #3: third 36 hours (Total 108 hours)**

**Clinical Dates:**

**Part 1: Self-Care**

1. Reflect on all the accomplishments you have already achieved, all the challenges you have met, and the many skills you have mastered. Set a timer for 10 minutes, and make a list of all you are proud about yourself. Write quickly, and do not think too much…just write.
2. Choosing your first nursing job probably feels stressful. What are your concerns, fears, and worries about your first job? What elements of your first work environment might alleviate some of those concern?
3. Reflect on how you met or did not meet self-care goals during this semester. Are there any self-care activities that you will continue to use as you enter the nursing profession at a new graduate nurse?

**Part 2: Your Patients**

For each day, provide a list of the patients on your team, their age, their diagnosis, and a rationale for your prioritization of their care (what data did you use to make your decision?). Include significant information you needed to safely and effectively care for these patients. Can do this in a narrative, bullet point or in a table format. *\*Remember confidentiality issues.*

**Part 3: Addressing Specific Course Objective**

**Course Objective 4:** Uses interpersonal, oral and written communication techniques that maximize unit function.

For this journal reflect on and discuss:

1. How you used therapeutic communication to influence positive change with a patient and their family.
2. Implementing teaching strategies that you used for your patients and their families. Discuss a challenging situation and how did you resolve.
3. Initiating communication with interdisciplinary team members, for example physicians/practitioners, RT, PT, OT, or case managers.
4. Your progress during this rotation on receiving and giving report on your team of patients. Include an example of an SBAR. *\*Remember confidentiality issue.*

**Part 4: Reflection on Clinical**

Reflect on your overall experience during this clinical rotation. Think about your feelings/expectations during your first 36 hours and compare them to where you are now.

Where do you think you have grown in your knowledge and skills? What went really well? In hindsight what would you have done differently? Review your three personal goals, from introduction journal, evaluate how you met them (or not). Were there any barriers to meeting your goals? What made you feel part of the team (or not)? What attributes did you bring to the unit and team you work with during this rotation.

This is a place to discuss any concerns, challenges, and/or or unusual incidents that presented themselves during this 36-hour period of clinical.