

2013

Clinical Exemplar

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WHY RECOVERY?

When I was a new graduate, I questioned whether nursing was for me. I became a nurse to be able to help people gain a better quality of life. In my first job on a medical floor, I found it challenging to work with patients



that didn't improve in their health. The same patients and the same routine existed when I would come to work. There would be the same medications and the same plan of care. Yet the plan of care ended in no improvement. Often the patients were sent back to the nursing home only to return weeks, sometimes days, to repeat the unproductive cycle over again the next time. In less than a year, I was looking to make a change. Where could I go that I could help people?

I started to think about my time spent as a nurse tech in PACU. This patient would improve from a sleep state to alert and even be able to go home that same day. I then looked at job postings in recovery, found one, applied, and was hired. I was so excited to get a new job! It was a new outlook on my nursing career. I knew from my first day in recovery that this

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was a great change. I saw improvement in the patients that I was caring for such as an improvement in their level of pain or recovering the patient that just had a cancerous tumor removed. These patients could be helped!

Another thing that was really appealing working in recovery was the patient population. It was a range of patients all ages and acuities. These patients may be 2 weeks old to 18 years and even 90 years old. Some would go home that day and others would end up in the ICU. There are patients that are awake on arrival from OR or will be on a ventilator. The patients come from many different types of services such as orthopedics, neurology, or trauma. Each service has different needs. But anesthesia is the main focus.



Anesthesia is a great part of medicine. Anesthesia makes it possible to help all ages of patients. It is temporary and makes it possible to do an exam such as an MRI to extensive abdominal surgery. It can help a mother get through the pain of a delivery and experience the new life of a baby. It can also help by blocking peripheral nerves for pain control. Anesthesia gives PACU nurses the resources and challenges that makes PACU a specialty and my favorite area.

Recovery is a wonderful area to work in and it has given me a wide range of knowledge that helps me everyday. It will help for the rest of my career. I feel like I am helping patients make strides to a healthier and better life. I enjoy being able to help patients and see them improve right before my eyes. I help someone every day! It is amazing to see patients become cancer free or find out why their baby is not developing right. Recovery is a great place to work as a nurse!

