

On Jan. 19<sup>th</sup>, 2021, while on clinical rotation, I had a patient that needed a foley catheter removed. I had not done one before, so I felt excited, but nervous at the same time. I tend to like to watch someone do a procedure before I attempt it because I am so scared of doing it wrong or I just get so nervous I go blank, so in this case I told my nurse I would watch her perform it. She said, "no, I'm going to let you do it, but don't be nervous, I will walk you through it". I was glad she insisted I do it even though I was nervous because I knew I should not pass up the opportunity and I needed the experience to get the confidence. I quickly searched my brain on what I learned verbally and in sim practice in module 2 how to remove a catheter. I sited the steps to my nurse before we went into the room and I had it down. The parts I felt nervous about was the balloon that sits in the bladder and if I did not empty it completely how painful that would be, how fast to pull it out or how my patient would tolerate it. I started with putting a towel under the area I would be pulling the catheter out and spilling is possible so the patient would not have urine on the bedding or gown. I then connected my 10 mL syringe and began pulling back to remove the water from the balloon located in the bladder. The water filled the 10 mL syringe so to be on the safe side I emptied the syringe and reconnected it to the catheter to pull some more to be completely sure it was empty before pulling the catheter out. Once I could not pull back any more water, I detached the syringe, told the patient to take a deep breath and I began pulling the catheter out quickly. Before I knew it, the procedure was done, and the patient handled it very well and I just gave my nurse the measurement of urine and emptied it into the toilet and threw the foley system away. I could not believe how simple that was and how I almost passed up the opportunity to experience that. Sometimes I just let my fear get the best of me and I miss out. After this experience and confidence gained from facing a fear and seeing the reward of just being proud of myself was worth it and I plan to remind myself every time I face a new opportunity to do something, I had not done that it is only scary until I do it and then its rewarding and helps me add to my experiences which is vital for my career path. I am excited to see what else is ahead for me and I plan to resist the fear and press on.

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