

Taylor Burris  
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## **Preceptor Midterm Clinical Reflection**

Over the course of my time during clinical preceptorship I have learned a lot and witnessed many things that I will remember to do and not do during my career as a nurse. One thing that I have learned while working with pediatrics is how to handle a situation where the patient is not cooperating and escalating. We had a patient that we were getting ready to discharge, so she needed to have her peripheral IV and foley catheter taken out. This patient was 6 years old and very smart. I witnessed the doctor and my nurse deescalate the situation, so that both the IV and foley could be taken out in a safe manner. The little girl was screaming very loudly and crying. She also, kept moving her arm out of reach for my nurse. My nurse then got an IV show that the little girl could feel that it was soft and not a needle, and then explained step-by-step what she was going to do so the patient had some ease. The tape was the worst part, so my nurse used Detachol and when it came to pulling out the IV, the little girl asked to do it herself, so my nurse guided her, and they took out the IV together.

At the start of this experience, I was unsure how this could be done with the little girl still happy afterward. However, while watching my nurse work and walk the patient through the procedure with caring, I was feeling more confident if I would be in the same situation in the future. I thought that the outcome was good, and when the IV came out the look of joy and relief on the little girl's face was exactly what makes nursing worth it. I have been taught that distraction and parental touch were good techniques for procedures with children, and I was able to witness that firsthand. We had the patient sit in her father's lap, and my nurse did a really good job with explaining and distracting.

I have learned so much from this event. I learned how to deescalate a situation and how to do it in a caring and patient way. I thought it was so great how my nurse did not rush and made sure to explain everything so well and ask if there were any questions before starting. My nurse even let the patient feel the protective tip of the scissors and an IV so she could feel how they weren't sharp. I will use things I learned from this experience in my future. I will make sure to be patient and not rush things. I will listen and be empathetic to my patient's feelings and do everything I can to make them feel better and more at peace for scary procedures. Overall, I have learned so much from my clinical experience so far and very excited to learn even more from the second half of my preceptorship shifts.