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<p>Step 1 Description</p> <p>In the first few weeks of this clinical rotation I have had the opportunity to perform and hone skills that I haven't had many chances to in previous clinicals. I have also been able to observe procedures that I didn't even know existed until starting this clinical rotation. As far as skills go, I have been able to practice my assessment skills, infant feeding, patient interaction, and interacting with family members. I have been able to insert NG tubes and maintain them, as well as administer medications and feedings via the NGT. I had a great learning opportunity when admitting a new patient to the unit. The infant was 34 weeks gestation and weighed 9 lbs and 4 oz. His mother was a type 1 diabetic and the nurse practitioner caring for him upon admission was teaching me about problems that babies of diabetic mothers face. On this same patient, I was able to observe the nurse practitioner inserting a central line through the umbilical vein. She described the process and why they prefer that kind of line for certain patients.</p>	<p>Step 4 Analysis</p> <p>I used the information I learned in the pediatric rotation, but I didn't have a solid foundation for pediatric patients because I didn't really do well in the pediatric rotation. I have had to come in and relearn a lot of things that I got a basic knowledge of in school, but I've had a great system of nurses that are happy to teach and explain things.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the clinical rotation I was very nervous because I had very limited experience in the NICU. I had a lot of anxiety because I was worried that I wouldn't perform well. My preceptor was very encouraging, and this made me more confident in my skills and performance. I felt supported and this helped me jump in and do everything that I could. I think the most important feeling that I have about my clinicals so far is pride. I am proud of what I have accomplished and learned so far and excited to continue to learn for the rest of my clinicals. This is the most important feeling for me because I have a difficult time accepting my skills and work. I have been able to take pride in what I've done and how I've learned to not only perform skills but talk with providers and other members of the healthcare team. I feel more confident in myself and am more excited about transitioning to practice than nervous.</p>	<p>Step 5 Conclusion</p> <p>My biggest learning experience from this is that I am ready to transition to the role of independent nurse. I had a lot of anxiety about school ending and having to start a new job, but this has given me the confidence that I will be able to survive the beginning of my new job. I have been able to work independently which I haven't had the opportunity to before, and it won't be a complete shock for me when I start my new job.</p>
<p>Step 3 Evaluation</p> <p>I think most of the experiences I've had have been good. I have been able to work on my prioritization and time management skills. The only necessarily bad thing about my clinicals is interacting with aggressive family members. We had one father who would come in and speak down to us and question everything we were doing. That was frustrating and we had to repeat that we were doing things in the best interest for the patient. It was easy to join the team on the unit. The nurses are very open and accepting and willing to teach. The most difficult thing about this rotation is that every shift that I have worked I have had patients who are significantly more difficult to care for than the other patients. It took a lot of mental and physical toll because I had to spend most of my time providing extra care to these babies and it was hard to get away from them for long enough to care for my other patients.</p>	<p>Step 6 Action Plan</p> <p>I think overall these clinicals have been fantastic. I've been empowered by my preceptor; she is so supportive and helpful and gives me the opportunity to perform skills that I have never had the chance to before. I can use the lessons she has taught me in the future not only in my own practice with my patients but in the event that I ever have students following me I know how to teach and empower them to become their best selves. It has taught me a lot about professional practice when it comes to things like interprofessional communication. We must communicate well with physicians, nurse practitioners, other nurses, speech therapy, physical therapy, child life specialists, lactation consultants, and anybody else. I can use these lessons to improve my practice by remembering the lessons I have been taught and implementing them in my own practice.</p>