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My preceptorship has been a great experience of exposure to the nursing world. I have really enjoyed working with S8 staff and although I know I have a long way to go, I'm excited to continue the learning adventure. An experience that stands out to me was actually today, with a patient that had slight cognitive impairment and was accompanied by a family member who showed great concern for the patient and her well being. The family member expressed the patients need of being checked on more than hourly and didn't want her to fall and get hurt. I let her know we round every hour and that there was also a bed alarm as well as a tele sitter to monitor her as we couldn't be there as much as we would like due to the demands of several other patients and duties to take care of. The family member seemed to be agitated and as the nurse and aids tended to the patient the family member would make sarcastic remarks and not so friendly comments to the staff. I knew the family member was probably stressed as the care taker, but also worried about the patient. I recognized she needed to be handled with TLC, so after my nurse and I left the room to chart the reports given for the morning I went in there for the rounding and I made sure as I always try to do, to present myself as approachable and a servant for their needs and care. I got to see a whole new side to the family member as she began to tell me the background of their situation and she was very pleasant and appreciative of me. I could tell she was comfortable with me and could feel my desire to help in any way I could. I gained her trust and she thanked me. Each time I went in their she held conversation with me and thanked me for taking good care of the patient. I felt good to know that I was able to use the lessons taught to me in the nursing program on how to listen to the patients and family members and how important it is to establish the relationship, trust, and also the humble spirit of healing to each and every patient and family member as the "T" in AIDET says: "Thank the patient for letting me take care of them". I can honestly say that I know I made an impression and I helped turn the family member and patients day around and nothing feels better than that. This is what made me want to be a nurse in the first place. I am naturally a big heart who lives to uplift people and serve peoples needs and do all I can to connect to all walks of life and learn from them and also bring healing with love and kindness. Ive always felt I had a gift of being able to adapt to so many walks of life and I've been told by friends and family that I have a way of healing through my words and hospitality. Nursing is right up my alley! I had other experiences during my preceptorship such as another patient who was in a great deal of pain from a surgery she had and she was angry and unconsolable. This wasn't my patient but she was in need and loudly voiced her discomfort in not such a nice way. I went in with another aid to see what we could do and the patient was yelling at us and using profanity at us. Although she was in a very vulnerable state and needed total care such as feeding and other daily needs, she proceeded to down grade us and fight us the whole way. I noticed the aid was upset and frustrated with the patient and not ok with the way she was being treated despite her desperate attempt to help the patient. I proceeded to feed the patient and the patient was upset still and telling me she couldn't open her mouth that much and that I needed to use my brain and realize that, so before I would let her comments bother me, I knew this patient was not really mad at me. The patient was just using displaced anger as we were taught about this. I couldn't take it personal because this lady was in real pain and I felt for her so I continued to feed her with smaller bites and I wanted to win her over with kindness. After eating half of her meal she was finished and she began to cry and tell me she was sorry and wasn't trying to be rude but that she was in pain and scared. She said she didn't know where her family was and why they weren't there for her and about how she didn't know if where she lived was going to be trashed when she got home. I listened and I told her she didn't need to apologize because I understood her pain and concerns and I validated her feelings

so she wouldn't have to carry guilt in a situation that she felt out of control, alone, and scared which is the reason for the way she behaved and clearly wasn't proud of. I truly enjoy helping people and the patient relationship is my favorite part of nursing. I must admit, I felt a bit discouraged as I thought about how difficult it will be once I am a certified nurse and doing this all on my own, to spend the time with my patients the way I want to, considering I won't have my preceptor making it possible. I feel the area I need to work on is my time management, organization, and prioritizing my duties. I know I will get it down at some point which is one of the reasons I chose med-surg. Med-surg, as I've been told will definitely challenge me and help me grow into a well rounded nurse with the ability to multitask and learn organization along with all the other foundations involved with nursing. I don't blame how some staff feels considering how COVID has depleted what they could give of themselves with such a high demand and being jaded can happen to anyone including the best of them all, but I have been a stay at home mom for the last 13 years or so and I am fresh and ready to give! I know I'm not perfect and I may not always be every one's cup of tea, but I plan to stay true to myself and continue to spread love and humility and allow God to use me for his people. I have been inspired by the video showed to us in module 7, where the guy went out from a crowd and started dancing silly and didn't care what anyone thought. He didn't even look back to see who was watching, he was just being himself and next thing you know after a while another person joined him and as most of the crowd laughed and looked embarrassed for them, more and more began to join and by the end everyone was up dancing silly and having a good time. This video was referencing how we should go out there and do what our hearts tell us to do and hopefully others will join and a healthy team can be made and us nurses can build ourselves and each other up so we can give more of ourselves and feel rejuvenated. I can't wait to feel confident in the physical aspect of the nursing duty so I can give more focus to the emotional, psychological aspect of nursing people back to health because after all, our minds control our bodies and is very much a giant part of our healing and we all need that! Cheers to a beautiful mission in life that God gave us to heal one another. I'm grateful to all the staff in the nursing school who gave me a piece of them to become a great nurse and for believing in me!