

So far I have really enjoyed my preceptorship experience and the challenges that it has presented. I've gotten to learn a lot of new skills and practice ones that I had learned previously. I've inserted foley catheters, practiced trach/vent care, given meds via NG/PEG tubes, IVPB, IVP, injections, practiced assessments and their documentation, done dressing changes, tube feedings, etc. I'm really grateful to be in CICU because I think it's opened my eyes to an area that I'm really interested in. I know myself to be a detail oriented and thorough person, and I love that in the ICU setting I'm able to get to know the ins/outs of my patients and have a thorough understanding of their situations. Besides needing to learn/improve my skills in general, I also want to work on improving my SBAR and organization. So far I've tried organizing myself by writing down an hourly checklist of things that need to be done for my patient, and it seems to be working well. I also write down the patient's medications/allergies/code status. Getting organized and becoming more efficient is something that I really want to focus on improving as I have my last 6 shifts of my preceptorship. During my last shift I gave report to the oncoming nurse during shift change and it was a good learning experience. For these next shifts I really want to practice my SBAR/communication about the patient with my nurse so that I can be prepared to give a well organized report to the next nurse coming in. Something else that I want to improve is my critical thinking and looking at the overall picture of my patients. Making connections, being able to ask questions (why is my patient taking these medications, should we be slowing down the amount of tube feeding this patient is receiving, etc.) is really important. I feel like my nurse does a really great job of thinking critically and putting pieces together in order to make quality decisions for our patients. She's also really great when it comes to problem-solving and coming up with creative solutions to work around issues that we have. She's been in this unit for 17 years and it's incredible to see how she organizes herself and how she prioritizes certain things vs. others. I appreciate that she takes the time to explain her thought processes to me and why she chooses to do things in a certain way. Working with her has also shown me that as nurses we all have different strengths. I've noticed that while she's good at decision-making, skills, critical thinking, etc., sometimes she struggles when it comes to making personal connections and being empathetic with her patients. Empathy is an area that comes naturally to me, and there have been moments where I've stayed in the room longer with my patients to talk and listen to them. I think we sometimes forget how much of a difference our patient's mental wellbeing can affect their total healing process. That being said, it's been a good experience to see how everyone has a different way of going about patient care. There's always something to be learned from one another, and I like that in this unit there's a lot of teamwork that takes place. It's nice to know that if I need it I can ask for help from anyone else on the unit, and I make sure that I'm always willing to lend a hand to others when they need it as well.