

<p><i>Description</i></p> <p>In the last three weeks, I have spent 6 shifts in the MICU with my preceptor. It has been an extremely fruitful and surreal. It was the culmination of all the hard work done in nursing school. If someone told Module 1 Rafael that he would be an MICU nurse in covenant, he would be both puzzled and surprised. The six shifts went by fast mainly because I was very immersed in my role. I am also very fortunate to have an amazing preceptor that allows me to perform actions independently and would only intervene in teaching moments. I realized that constant handholding isn't the best way for me to learn so pairing up my preceptor proved to be beneficial. It also felt like everyone in the unit is rooting for me to succeed. Sometimes, however, I feel like I am not capable enough to be working on this floor.</p>	<p><i>Analysis</i></p> <p>I am an avid fan of learning. Whenever there is an opportunity for learning, you already know that I will be first in line. During this entire process, I realized that my greatest skill isn't my knowledge or bedside techniques, its my adaptability. To me, every day in the MICU is a constant cycle of unlearning previous perceptions and learning better techniques. Ultimately, I need to be more forgiving and patient with myself. I am currently learning at a high pace, and I need to take it one day at a time.</p>
<p><i>Feelings</i></p> <p>I can't help but sometimes feel imposter syndrome. There are some days where I feel like I am not capable of working on this floor, that I am not meant or built to be an MICU nurse. There are still so many things that I have not seen or experienced it it makes me doubt if I am competent enough to be considered an acute care nurse.</p>	<p><i>Conclusion</i></p> <p>I believe that the imposter syndrome is a normal part of being a greenhorn. I did my best in answering all the HESI's and spent countless internship hours and it got me to this position. I am elated to be in a unit that fully supports my growth. I think its quite poetic that my first internship was in MICU, and it concludes with a graduate position in the unit.</p>
<p><i>Evaluation</i></p> <p>In the moments that the impostor syndrome kicks in, I recognize that the only way to beat this emotion is to immerse myself in the preceptorship more. The short span of 10 days is enough to get my feet wet and to understand that this is what it entails being an MICU nurse. Rome was not built in one day. Expertise in severe patient acuity surely didn't come easy to the nurses here.</p>	<p><i>Action Plan</i></p> <p>I should take every preceptorship day one at a time. I need to remind myself that I am still a student nurse, not a full-fledged nurse yet. I also need to be more patient and forgiving to myself whenever I don't achieve the goals I've set for myself. With four more preceptorship days left, I will be more proactive and put myself outside my comfort zone in order to become a better student nurse.</p>

