

<p><i>Description</i></p> <p>The last 10 shifts has been amazing. I have fully immersed myself in my role as a student nurse by jumping headfirst and taking 2 patients. I am very fortunate to have a skilled and generous preceptor that allowed me to function on my own. One specific event occurred in my 10 days in the MICU that I wish I acted on my own gut feeling rather than waiting for someone to tell me what to do. The monitor tech was running to the monitors only to discover that one of the patients were experiencing a dysrhythmia. I was one of the first people in that patient's room. I shouted his name and rubbed his sternum after he didn't respond. I checked for a pulse together with my preceptor and another nurse and we unanimously agreed it was absent. I should've jumped in there and started compressions. Instead, I was deer in the headlights watching it go down. The patient was bought back after 2 minutes of CPR. It went smoothly but my ego took a major hit.</p>	<p><i>Analysis</i></p> <p>The code went well because the hospital staff knew exactly what to do in events like these. The patient was also bought back to baseline. Everyone called it successful, and the code was cleared after 2 minutes. What didn't go well was me staring like deer in the headlights even though I knew precisely what to do. One definite takeaway – I need to be assertive and confident. As a student, I may have gotten a pass for it. As a future nurse, however, it would be inexcusable.</p>
<p><i>Feelings</i></p> <p>I felt very inadequate and unsure. It was one of those moments where I knew exactly what I needed to do. I saw the monitors and his heart rate was skyrocketing. His EKG was displaying ventricular fibrillation. After calling out his name and checking for pulse, I knew that I needed to do compressions on him while the rest called for help. I didn't. Instead, I just looked at the patient as the resident came in and started it. I froze. I felt useless. To compensate for the uselessness, I helped place the defibrillator pads on him and stood next to the resident as I waited for my turn to redeem myself. The patient got shocked and was bought back, which was a great thing. However, I felt extremely inadequate. I could've done something there. Its like one of those moments where you change the correct answer to an exam question because you second guessed yourself.</p>	<p><i>Conclusion</i></p> <p>I believe that I made a mistake there. However, I also choose to forgive myself for the lapse of judgement I made. I will definitely make sure to step-up the next time this occurs. I recalled my first code experience where the patient didn't make it. That experience haunted me and left me with so many questions – would he have made it if I did compressions deeper? Would he have made it if I was able to start an IV faster? For a long time, it weighed on me heavily. This time is different. I knew what to do but I did not act on it. Next time, a better Rafael Alegre will act instinctively.</p>
<p><i>Evaluation</i></p> <p>"What are we waiting for? Call the code!" yelled the resident as I stood there watching the whole thing happen. I was not confident in my skills nor was I assertive enough to start compressions. I knew what I needed to do but a cloud of doubt was looming over me. I've performed code management during simulation. I've witnessed codes at least three times now. I believe that I lack assertiveness and confidence. I was ashamed that I just stood there. In the ICU, seconds like those determine life and death. My greenhorn was definitely showing at that very moment. What went well was that I realized where I lacked. The teamwork of the floor was also a great sight to see. Everyone knew their responsibilities without anyone assigning them. It was seeing a well-oiled machine working as fluid as possible.</p>	<p><i>Action Plan</i></p> <p>I took this experience and dissected it into portions where I could improve on. I choose to accept this feeling of defeat and build up from it. Without this frustrated feeling, I wouldn't know what I need to improve on. Next time, I will trust myself more because I know what to do. This will not be an overnight thing and I will continuously work on my self-confidence until critical thinking becomes instinct to me. With the guidance of the MICU team, I am confident that I can sharpen myself more. I am very certain that I am absolutely in the right place.</p>

