

Jonathon Montgomery

IM8 Preceptorship

### Clinical Reflection

My time in the AED was more fruitful to my experience and confidence as a nurse than I thought was possible in just 10 shifts. A large part of that was due to my dedicated preceptor, but I have to pay my respects to the wonderful staff and environment cultivated in the ED. I never felt unwelcome or discouraged from asking questions, it was truly a place where I felt I could thrive. It was also the first time I truly felt like I could start to understand what the nursing practice meant to me on a personal level. What every action meant to me and my patient, and why each intervention was carried forth for me as a nurse. I was able to slowly hone my skills and define what kind of nurse I wanted to be. Often times I was faced with obstacles pertaining to patient advocacy, prioritization, time management, and staff delegation. During these moments, I appreciated my preceptor letting me struggle, offering gentle guidance when needed but ultimately letting me form my own critical thinking skills and nursing judgment. There were times were I made an alternative choice than she would have, but she was supportive still as long as patient needs were met.

In addition to that I found myself falling in love with the fast-paced nature of the ED. By far one of the most frustrating feelings on other floors was the helpless reality of being a student nurse. Seeing a patient struggle or need pain medication but then having to go through so many hoops to contact a doctor or wait on other priorities of the floor made me feel desperate to help but unable to actually do anything. In the ED however, every action I made was directly helping the patient in that moment. I was able to see the fruits of each intervention, to monitor every action in real time and feel as though every call I made was for the patient. I could talk to staff and doctors at the station to receive advice, cultivate a plan and enact it immediately, knowing that I had done everything I can to provide the best care.

In my opinion the AED was the best place for me to learn what it takes to be a proactive nurse. It gave me the skills and environment to make informed decisions and see what it takes to stabilize a patient effectively. As sad as it is for me to leave this place, I do hope to return soon to continue to practice in the future as an ED nurse.