

Jamie Dominguez
IM 8

Final Clinical Reflection

I have completed 10 shifts in the CICU. We took care of patients that were very ill and some that were only observation status. The diagnosis of patients also varied. We took care of patients with DKA, alcohol withdrawal, and ventricular tachycardia. The list of diagnosis goes on. With each shift worked, I learned more than I had before. I also went home to look up nursing interventions so that the next day I would have a more structured plan on how to take care of said patients. I started my very first shift with apprehension and was not confident in the least bit, however, by the last shift I exhibited more confidence than before. I still struggle with delegation and transitioning out of the nurse tech/aid role, still wanting to do everything like taking patient's baths and taking out their trash, feeding them, all while trying to fulfill my role as the nurse. I also struggled with confidence in my skills. I was shaky while trying to draw blood, questioning my every move. I have learned so much through school about the proper techniques and the proper steps involved and it's hard to break away from that, especially when you are in a time crunch to get things done. My preceptor was very encouraging and motivated me to step out confidently. I feel that I have been taught all that I need to be successful, but I still am a work in progress. I have gained so much respect for all the healthcare team, from the housekeepers to the doctors, it takes a team approach. I had so much to reflect on and it brings me joy to see how far me, and my classmates have come. We started off not knowing anything about vital signs, labs, evidence-based practice and so on and so forth, and now we are here putting these principles into practice.