

FINAL CLINICAL REFLECTION

For these 60 hours of clinical rotations, I had the opportunity to learn in the Emergency Department. At first, I was scared and hesitant, I was nervous that my arms wouldn't be strong enough to last a full 2 minutes of CPR, especially if the patient was larger. I was nervous, I wouldn't know what to do in emergent situations and cause a bad outcome. I tried to get all the rest and sleep I possible could the day before, I tried to eat a healthy/nutritional breakfast, and of course, all the caffeine. When I walked into the unit, as expected, I was lost and disoriented, but I tried my best to navigate through the unit. I found the charge nurse who introduced me to my preceptor, Erin Rountree. Erin is also a Covenant graduate who is very knowledge, patient and overall amazing, I couldn't have asked for a better preceptor.

The first day was not as "scary" as I thought it would be. To my surprise, the emergency department worked different from any department I've ever been in. The medical team demonstrated a different level of teamwork and unity. Newcomers and seasoned workers cohesively worked together without complaint or hesitancy in order to get the job done. All of my fear suddenly melted away and I realized I would be okay.

In true ER fashion, my very first patient was brought to us via Aero Care from New Mexico. The patient had HIV, TB, and Kaposi Sarcoma just to name a few. The patient was declining rapidly and required a higher level of care, ultimately needing to be transferred to a different facility. The patient

also required a lot of attention and precautions on my part, but it was a very good patient to start the shift with. It was a wakeup call to what type of nursing the emergency room required, and what it would require out of me, as a person. Although I did encounter minor hiccups throughout the day (getting lost on the way to the lab, getting lost on the way to CT, not remembering the code to the CS room, not knowing where the warm blankets were kept), I would still consider my first day in the ER a solid working day. I had the opportunity to practice more skills (IV insertion, Foley insertion, blood draws, assessments, and so much more).

The second day was a lot busier compared to the first. I was able to participate in a fire alarm drill and pull the fire alarm which I thought was really exciting, haha. I also practiced a new skill, inserting a Flexi-Seal into a patient who was incontinent. I would describe the whole experience as character building, and a huge THANK YOU to Malachi for walking that journey with me. I also witnessed a patient go from sitting and talking to having a full-blown seizure, all within 10 seconds. I witnessed multiple cardiac arrests with different outcomes, I also witnessed a patient get cardioverted while she was screaming in pain. The second day was a lot of intense situations to say the least. But again, it was the best learning day, and I left the unit with so much more than what I came with. My third and fourth clinical days in the unit were just as exciting and exhausting as the first two, I often wonder how people are able to work five days in a row in the

emergency room. Each shift goes by so quickly, but I definitely hit my bed beyond exhausted each time. Being in the Emergency Department exposed me to so many things in such a short period of time. The experience was both exhilarating and exhausting.

I'm a true believer of everything happens for a reason. Although I started my preceptorship journey in the PACU and Day Surgery Unit, I finished it in the Emergency Department for a reason. I have high hope of working in the Emergency Department one day, but at the very least, I will walk away with new knowledge, great experiences, and lifelong memories.