

Midterm Clinical Reflection

8/16/2024: To say that I was nervous for my first 12-hour shift would be an understatement. I had no idea what to expect and after the long summer break I was worried that I would not look like I knew what I was doing. Thankfully, today went much better than I expected. My preceptor was incredible, which helped calm my nerves a ton. We worked closely with a patient that after three days postpartum stopped urinating. We did many skills on this patient trying to get her to pee. Unfortunately, by the time we left we still had no luck. Overall, my day was good. I mostly observed and tried to learn the flow of the department.

8/17/24: I am pretty sure I am a breastfeeding/pump expert after today's shift. I found my day with lactation to be extremely helpful. I could not breastfeed or pump with my kids, so this world was SUPER new to me. I learned a ton of new techniques to help breastfeeding moms out plus how to work pumps, I feel that this will help me out tremendously when I go back to mom/baby.

8/30/24: I was more nervous about today's clinical than I was my first one because I knew I would be having to take my own patient and give SBAR to the instructors at some point. Why this made me so nervous I will never understand because today went amazing. Audrey chose to give me a mom with a NICU baby, so I was not completely overwhelmed as I learned to navigate epic and charting. Previously, I have not had many opportunities to chart things so navigating initially was challenging but I felt like towards the end I started to feel more comfortable. I really enjoyed being able to do my assessment and chart it. As cheesy as this sounds, I felt like an actual nurse. I also surprised myself with how well I did with my SBAR report. Overall, today was another successful day in the mom/baby unit. I was able to perform assessments, bladder scans, and observe discharge and admission teaching. Which is ALOT.

8/31/24: Today was CRAZY. Apparently, all the doctors wanted to get babies delivered before the holiday which left each nurse with 4 couplets vs. 3. It seemed like no sooner did we discharge that we would get another admission. I spent a lot of time helping educate a dad who was super engaged in learning about all the parents/baby things, I even helped the mom breastfeed. In return the dad taught me how to swaddle. I really enjoyed connecting to that family. Audrey assigned a mom/baby and a NICU mom to me today. I

was nervous about the baby's assessment, but it went well! Charting was a little more difficult today. Trying to keep up with it, safety rounds, med admin and the flow of the department was a little confusing at times, but I managed well. I was able to pull out 2 iv's, listen to discharge instructions and give SBAR report to the nightshift team.

9/1/24: Even though we did not have much going on today, I felt like it went GREAT! I was able to get a feel for the workflow a little better today. I was able to find a way to write up a paper to keep up with rounding/meds/assessments and that helped a TON. I am starting to understand the workflow better and can help more. Unfortunately, due to patient shortages Audrey was sent home but I was still able to take care of the 2 patients we had with another nurse. I really enjoyed building a relationship with these patients. My goal for my next shift is to be able to do some of the admission/discharge teaching. As far as skills go today, I was able to assist with a baby's 24-hour assessment and bath which I REALLY enjoyed. It has me looking forward to my nurse shift on Thursday!