

Haylea Cowart  
Clinical Reflection Post Shift 10

After 10 shifts I not only fully have a desire to become a NICU nurse, but I also realized it was my true calling. No matter how the shifts went in the NICU or the days we went somewhere else and then back to the NICU, I always felt like I had a great day getting to take care of babies. It never felt like it was work and that has always been my only dream is to find a job that never felt like I was working a day in my life, and I think I found that. I became more independent throughout the 10 shifts and was able to work on and improve the skills that I was worried about the most in the first 5 shifts. I became confident enough to do interventions to help babies when and if they started to desat or knew when something wasn't right about a UVC and spoke up about it. I spoke up about a blood pressure reading on a child we had in the PACU that I just felt wasn't right and got them the care they needed along with another kid who had the same reaction to a medication that was given as our kiddo. I also learned so much through trusting my gut feelings when I just knew something was right and spoke up about them.

I do not think I could've gotten more out of my preceptorship; I was encouraged in the clinical setting by everyone that I was around, and they also encouraged me independently about my job-hunting endeavors. I never felt like a bother asking any questions I had or asking to be a part of anything that was happening on any of the units I got to be on. Nurses that were on the floors took me in whenever Whitney had to leave early for meetings or just her shift was done, and I needed to fulfill my 12-hour shifts. They also showed me things that they were doing if they knew I had never seen it or if it was just something cool that any nursing student should be able to have the exposure to see. I learned something from every nurse we were around and a few of them will stick with me forever not just because I learned something from them but because how they made me feel as a human and nursing student.

I do not think I would've had the confidence going into my job interviews and submitting my applications without Whitney's help and every other nurse that encouraged me while I worked side by side with them. I gained so much out of my 11 clinical shifts and not only knowledge that I will use to become a competent nurse but also just the kind of people and environment I want to be a part of in my nursing career. I never thought I would be sad to leave Lubbock and not accept a nursing job in Lubbock, but after working alongside all the nurses I got to encounter I was genuinely sad and contemplated staying and working here.

Being in staffing was an amazing experience that I will forever be grateful I got to do. I was so nervous about being in staffing whenever you called me and told me this summer that that is where I was going to be, but now I don't know why I ever was. I got to see some many new things that I never got to nor never would've gotten to see and it truly showed me where

my nursing heart was. These clinical shifts really made me be firm in my decisions about choosing a job and I now get to work in a specialty I absolutely adore and am genuinely interested in but also get to do it in a dream location. I am sad that my nursing school journey is over as I will miss so many parts of it but I do not feel as though I would ever be half the nurse I am going to become without all the experiences I have gotten and all the amazing people I got to shadow and learn from.