

## **Final Reflection**

### **Step 1: Description**

During my time in the MICU, I got to do so many things that helped me grow as a nurse. On my last shift, I saw both the technical side of nursing, with a tracheostomy, and the emotional side, helping a family through comfort care. Previously during the last 5 shifts, I took over full care of two patients, handling their charting, medications, and assessments. I got to do a numerous number of things from inserting a foley, drawing blood, removing central lines, managing drips, and giving a solid SBAR report to the oncoming nurse. The preceptor experience gave me a lot of confidence, and though I'm sad it's over, it really helped me prepare for being on my own.

### **Step 2: Feelings**

At the start, I was excited but also a little nervous about taking on so much responsibility. I was nervous I wasn't prepared, but in reality, there's no way to prepare but throw yourself into chaos. As the shift went on, I felt more and more confident, especially when I saw how my work made a difference. The comfort care situation really hit me emotionally, especially seeing the family's gratitude. That connection with the family was so powerful and made me feel like this is exactly where I'm meant to be.

### **Step 3: Evaluation**

Overall, the experience was amazing. I feel like I handled everything really well, from the procedures to communication. I made sure to ask appropriate questions to validate the thoughts in my head. The hardest part was definitely the emotional side of things, especially during comfort care. Time management was also a challenge at times, but I think I did better than I expected. I also know that time management and effectiveness come with time and experience. The hands-on experience I got made a huge difference in how confident I feel moving forward.

### **Step 4: Analysis**

This experience let me put what I've learned into action, especially in critical care situations. It reminded me that nursing isn't just about technical skills; it's also about being there for patients and their families in emotional moments. I also learned a lot about teamwork and how important communication is, especially when things get intense.

### **Step 5: Conclusion**

I think I did a good job overall, but I know there are areas where I can improve. Time management and delegation are things I need to keep working on. It was also a great experience learning and working on skills. I feel much more confident in my charting abilities too after getting to chart on my own and being guided. I learned a lot about how to provide emotional support, not just to patients but to their families too. This experience really reinforced my passion for nursing and my confidence in choosing this career.

### **Step 6: Action Plan**

Moving forward, I'm going to focus on improving my time management and making sure I delegate when I need to. I also want to get more practice with technical skills like managing drips and different lines for critical patients, so I am never nervous or questioning medication admin. Most importantly, I'll keep working on balancing the technical and emotional sides of nursing, because both are so important. This experience has shown me what I need to work on, but it's

also made me really excited for the future.