

I am currently precepting on the Cardiac Intensive Care Unit at Covenant Medical Center alongside my preceptor, Jordan Collinsworth. I was ecstatic when I found out I got my top pick at the adult hospital— I know I put Emergency Center as my first, but I was nervous spilling out my choices as I was not prepared to only make choices for adult care. In preparation and planning my 120 hours on the unit, my preceptor was very helpful and communicative. I was lucky that his schedule was ideal for getting my hours in on a decent time schedule without having to make sacrifices to my studying and preparation for graduation. In my five shifts so far, I have come to know and get comfortable with the floor and team members I will be spending time on.

My first day, I was very nervous but excited. I showed up to the hospital at 0620 because of the first day jitters and to give myself time to eat breakfast and collect myself before shift. I introduced myself to Jordan and he gave me a full report. When I discussed our orientation packet he was not hesitant to immediately introduce me to the floor. He described where to find the Pyxis room, clean utility, dirty utility, and equipment room. He oriented me to where the crash carts, central nurses station, and panic buttons are. Throughout the day he made sure to include me by introducing me to other staff members (registered nurses, patient care technicians, our charge nurses, and our nurse manager) and notifying them that I will be here for 10 shifts, and if there is anything interesting to feel free to pull me in to observe or perform a skill.

So far, our patients have been stable and have not required too much intervention from us. Even though he apologizes for the day not being as exciting, I tell him that it is always good to refresh on simple skills and it is a positive thing to see our patients requiring less assistance and be discharged home healthy. I have been active at the bedside during assessments, asking patients questions about their condition, medication administration, and patient education. On downtime, I walk up and down the halls and ask other staff members if they would like any assistance with their patients. I have assisted with bed baths, ambulation, toileting, positioning, feeding, and bed making. The staff has since reciprocated the assistance back with Jordan and I's patients. None of them have ever hesitated or made it seem like a burden to help.

Jordan has been a great model nurse for me in all the situations we have been put through with patients (especially our "risk for violence" patient), family members, and providers. I have witnessed him advocate for a patient during a conversation with a physician on the basis of what the client can tolerate. He did this in a professional manner and I am glad I got to witness such a situation be handled in a direct way while protecting the patient's dignity, rights, and ability. I have always questioned "what if" situations and how I should respond if such an event were to happen. When going through patient information, Jordan always answers my questions to the best of his ability. If he cannot find a direct answer, or one that can be universal as some patient situations are unique, we research together to find a solution. He has navigated me through epic and gave me tips for charting.

Jordan has observed me administering IV, IVP, IVPB, SQ, and PO medications. He also observed me as I put in my first foley catheter. Other nurses came in there to help, I was very nervous but they made me feel mentally and physically safe with their kind words of encouragement. After in private, Jordan gave me his critiques in a professional and kind manner. I will take those tips and apply them for the next time I get the opportunity to perform the skill again. I thought that I would feel defeated because I was not confident in my skill and I was nervous since this was not a skill I was anticipating to do (this patient was a new admit from the ED, she was unconscious as she seized during a CT scan prior to coming to our floor). However, I feel more encouraged and motivated to get better at my skill as the people around me gave me kind words and judgement to reflect on.

This definitely opened me up to trust my judgement and the people around me. Instead of feeling small since I am only a student, they built me up and reminded me where I am going to be, as they have felt the same way. I appreciate my floor and the team members on it, I am no longer hesitant to collaborate with other members. I am excited to see how the rest of my hours will go for the remainder of the module.