

Jessie Espinoza

Clinical reflection Midterm

1/29/2025

During my preceptorship on Cardiac Telemetry (Mercy 6) with Charles Teichman, RN, I have gained experience and am deeply grateful for this clinical opportunity. Initially, I was upset about being assigned to a floor that was not in my Top 3 choices. However, after Mrs Griffin encouraged me to embrace the floor and focus on the learning opportunities, I felt more at peace and supported. My friends and preceptor reassured me that I could make the most out of this experience.

On the first day of clinical, I was very nervous and struggled to sleep the night before. I wanted to make a great impression on my preceptor, though I initially got lost on the way to the unit. I quickly adjusted by focusing on the tasks at hand such as reports, vitals, and introduction to the patients. Blood draws have been my weakest skill along with other skills. I attempted to draw blood on my first patient and was unsuccessful. The next day I was successful on my blood draw. Throughout the day, I practiced skills such as administering medications, performing patient assessments, and learning the process of completing a full admission. I learned how to administer blood and explain to my patients what the blood is for along with labs to support the reasoning with consents signed. With my preceptor's guidance, I grew more confident. Each day in this role has been a chance to build my skills and apply nursing concepts in real-life situations, and I am proud of the progress I've made.

One of the most valuable lessons I've learned during this rotation is the importance of building meaningful connections with patients. During downtime, I accompanied my preceptor into patients' rooms to establish relationships with both patients and their families. I found that even small gestures, like holding a patient's hand or sharing a moment with them can make a significant impact on their care experience. One comment from my preceptor stood out to me: "It's okay to cry with patients." This lesson taught me that while technical skills are very much needed to being a nurse but, patient-centered care is the most important aspect of nursing. By focusing on communication and empathy, I've realized that a nurse's presence can be just as healing as any medical intervention.

Overall, this preceptorship has been a true blessing and challenged me to step out of my comfort zone. My preceptor's criticism has helped me improve my confidence. I look forward to continuing this preceptorship, knowing that every challenge I face is an opportunity to grow into the best nurse I can be. At the end of the day it gives me so

much relief that all my hard work in school is showing how much I deserve to be in the Register Nurse Role.