

Reflection post conference

During nursing school, I've been working as a nurse tech, which has sometimes led me to default back to those responsibilities during my clinicals. Instead of delegating tasks to the nurse tech, I often find myself wanting to do it all, even though I know that delegating would improve my time management and prioritization. I've also noticed that I'm a bit hesitant around patients with dementia. I realize I need to build more confidence and take a more proactive approach in caring for them. While I understand the importance of performing care and completing tasks during clinicals, I still feel uncertain about my abilities, which leads me to let my preceptor take charge. Moving forward, I'm focused on stepping up to lead, allowing my preceptor to observe me instead of the other way around.