

Mya Cardenas

IM8

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Clinical Reflection: Adult Emergency Department

The day we returned to school I was so excited to learn where I had been placed and secretly prayed over the break that I would end up in the ED. After seeing the paper, I was so ecstatic and started my preceptorship in the Adult Emergency Department on the first Friday back from Christmas break. As I reflect on the time in the Emergency Department, I have learned a lot about my strengths and weakness', but with the guidance and encouragement I have been shown, I am excited to see how much more I grow as a student nurse here.

The first day I was so nervous it made me nauseous, my biggest worry was not wanting to "look dumb" in front of people. I made sure to refresh my memory on protocols I could recall from my IM7 clinical, get to the unit by 0615, and I tied my hair in the tightest ponytail known to man, it gave me a huge headache. Honestly though, nothing can prepare you from what comes in through the door every day is different. After meeting Brittney, I knew I was in good hands. Brittney is not only very smart, but she is a wonderful teacher who tests my knowledge and encourages me to perform at maximum effort day in and day out. The drive I have is thanks to her work ethic, my preceptor is a team player and in being that many other nurses on the floor come ask me to practice skills they feel may not come as often and grab me to show me new/interesting cases.

So far, I am most confident in my medication administration and skills. In the ED you get lots of hands-on experience for skills and I am so very grateful because now I jump in when we get new patients and feel like I'm a resource versus a burden. The biggest area for improvement

to me is my SBAR. I feel like sometimes I rabbit hole and give too much information. I have since received feedback and I have improved from my first time. By my second day Brittney trusted me in giving report to other floors and discharge locations such as nursing homes and rehab centers. This alone instilled confidence in me, and now I don't get nervous calling report when a bed is available. I am always open to constructive criticism and ask others where I can improve, and I think that truly helps.

In my last few shifts, I have taken report from EMS, started to learn cues like when to ask the doctor for further intervention, and am more familiar with the flow of the ED. Patient care in the ED is very different than on the floors, it can be a very fast paced and a demanding environment, but I love the floor and really see myself working here in the future. I can't wait to see what these next shifts bring, and I am excited to continue learning!