

Crystal Vargas

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IM8- Final Reflection

During my last five shifts I have been able to picture myself in the role of Registered Nurse. When I started my preceptorship, I felt very nervous about being in a unit where I know everyone, but that actually made it more helpful. Everyone on the unit was eager to show me different techniques, give me information on their patient and teach different perspectives on how to care for each patient. I have been able to check cervixes, administer medications via every route, titrate Pitocin, participate in 3 C-sections, help deliver 5 babies, and help around the unit. Unfortunately, not all days were positive as there was a shift that had two fetal demises on the unit; this was a very heavy shift. Kendra and I assisted with taking very tiny footprints and placing them in a keepsake bible, dressing baby, and filling out paperwork. I have been able to care for a variety of patients and have learned that no two deliveries are the same. I am proud to say that I can adapt to each mother and how they envision their birth plan. I have taught breathing techniques to a few non medicated patients and have helped to turn our medicated moms into different positions to help their babies engage. My preceptor Kendra was amazing at showing me how to do a skill and then stood back until I asked for help; however, I wish she would have given me more constructive criticism, in her eyes, I did everything right and no improvement was needed. I tried to assure her that any negative feedback was welcome, because no one is perfect. I know I have a ways to grow, especially in checking cervixes (which I know comes with practice) and sticking iv's. I need much more practice, as I was only successful with about half of my sticks. Overall after the last five shifts, I feel invigorated to continue my education on flipping babies, fetal monitoring, and assessing my patients with different illnesses during labor. I am eager to start my position in Labor and Delivery and hopefully bring positivity into each one of my deliveries. I feel that I gained ample knowledge and skills through this experience.

