

Mya Cardenas

IM8

February 24th, 2025

Final Clinical Reflection: Adult Emergency Department

As I look back at my 10 shifts in the Emergency Department, I realize each day I gained many valuable experiences. In this unit you see so many patients which gives you many learning opportunities, that I will be forever grateful for. The time here has made me feel more confident in my ability to care for patients on my own, and the idea of not being able to say, "I'll go ask the nurse," isn't scary like it once was.

At first, I was very nervous and as I finished my last shifts, I learned the flow of the ED and trusted my nursing judgement calls. In the Emergency Department you never know what to expect but I have learned what to anticipate when patient's come in based off their chief complaint. You can see patient's that range from broken toes to someone coming in fighting for their life and sometimes we're their final destination. You gain patient communication skills but also learn the importance of empathy as you are fighting for your patient, trying everything to keep them alive, to holding their hand as you do pulse checks to let them know they are not alone. This department can be very draining but also rewarding. Many of these nurses have reminded me it is important to find that balance for your mental health.

The thing I loved the most was everyone's willingness to teach. I had one preceptor on paper but in all actuality everyone you come to meet will come grab you for any teaching opportunities because patient care is primarily team based, you know you're never alone. From the nurses, pharmacist, CT technicians, police officers, security, surgeons, ED doctors, veteran ED techs, even the PICC team, I have learned many ways to improve skills, communication,

expand my knowledge, and I got to learn many tips and tricks. I love the work environment and I can tell the people who work in the ED are made for the job. You see the good, bad, ugly, and sad but with the right people everyone is able to stay afloat and be efficient in their care/ patient advocacy while staying safe.

I will never take this time for granted and I would do it all over again. I had the best time, no shift was bad and even if we had a “slow” day (it felt like that saying was a curse word), I still left with more knowledge. My preceptor is amazing, and the staff was nothing short of amazing as well. I was challenged many times, but everyone pushed me and boosted my confidence, they always believed in me even when I felt unsure. I know the Emergency Department is in my future Nursing career. I proved to myself in this module that I am more than capable of providing amazing care for patients. I know I still have so much to learn/see, many times that comes with experience and I can't wait!