

## Midterm Reflection

During my first half of my preceptorship opportunity, I played the role of a student nurse providing care and medications to patients who were admitted to the emergency department due to various conditions. I was able to perform focused assessments, initiate/discontinue IV lines, administer medications orally/IV, and provide oxygen, etc. under supervision of my preceptor. I was also able to observe physicians go into patient rooms and work alongside them in providing care.

At the beginning of my preceptorship I was somewhat nervous but open to the opportunity of being placed in a unit I was interested in. Now that I am halfway through, I have become more comfortable within the unit and the staff around. Some things I already knew going into my preceptorship were that there was going to be a broad spectrum of patient populations and that their care was going to be individualized. In addition, I also knew that the unit was skill heavy so I was looking forward to working on skills and practicing medication administration. Things I have learned from being in the emergency department is the special emphasis on time management and how important it is to find a rhythm within the flow of patients. In addition, I have also learned the flow of the unit in regard to how important it is for each nurse to help each other when a trauma comes in and how everyone has a certain role ranging from drawing blood to receiving report from EMS. I appreciate how my preceptor allows me to take part in the admit process and assist with getting the patient situated whether it's attaching them to pulse ox/blood pressure cuff or initiating an IV line.

Something specific that I found interesting in applying my knowledge is hanging blood products and how important it is to follow all precautions when hanging it such as measuring the vitals before, 15 min after beginning the infusion in order to watch for reactions, and the end of the infusion along with staying updated with the patients CBC to see if their condition is improving. Throughout my time in the emergency department I have also been able to observe a cardiac arrest. Though I was not able to perform compressions, due to the patient being resuscitated, I got to learn the importance of good quality CPR along with the roles of each individual nurse in the room. This was important to the situation present as everyone had an assigned role and knew what needed to be done in order to have a positive outcome. Moreover, I was able to observe a Level 1 trauma which consisted of a gunshot wound. This experience not only allowed me to see how the nursing team works together to help the patient but how severe the trauma can be and all necessary interventions that were applied such as administering vasopressors to keep the blood pressure up and providing adequate oxygenation through intubation.

One thing that I ultimately look forward to each day as I go in, is that I never know what I am going to see and I get the opportunity to learn something new. I find that the diversity in patient population and disease processes provides a good learning environment for a student like myself. With that, I have also been able to provide care alongside my preceptor to mental health patients. I have seen how important it is for nurses to provide therapeutic communication to this specific population as they do not always want to convey their feelings openly. Overall, though it

hasn't been long, I have learned and enjoyed my time in the emergency department due to being able to relate my education to real life situations such as cardiac arrest, stroke activations, and traumatic brain injuries. I have enjoyed working under my preceptor as she pushes me to take initiative and work with confidence. Moving forward, I plan to apply myself more confidently as I tend to overthink my actions and come off somewhat intimidated by those around me. In the near future, I plan to apply the practice of time management, therapeutic communication, and focused/individualized patient care to improve not only my nursing career but my patient care outcomes .