

## Midterm Preceptorship Reflection

I have experienced many feelings during my preceptorship thus far. I went in on my first day being super anxious because I didn't know what to expect being at LTACH when we never had any clinical rotations there. When I made it onto the unit, I was greeted by everyone, and it made me feel welcomed and ready to take on my first twelve hour clinical. Rian helped put me at ease. She is super sweet as well as helpful and gives advice in the kindest way possible which works really well for me. The patients at LTACH range from ICU, MS, and SD. At first it was overwhelming since the care plans for each patient differ in many ways and have different protocols to go by.

The patient I am going to focus on is at LTACH for post op complications from a laparotomy. She was ICU status due to the high level of care needed. She had an NG tube with tube feedings, wound vac, two JP drains, colostomy, and a stage 3 sacral wound. There were a lot of things involved with her care plan that I knew how to perform well. I am confident in my skills, giving meds through an NG tube and starting tube feedings, foley catheter care, doing my assessments, and drawing labs. I love being there for my patients and giving them as much comfort as possible. Especially patients that don't have many visitors when in a long-term care facility.

I need to improve in colostomy care. We didn't get briefed on those as much as other things in module three and I never have had a patient with one. I am glad I got to see one and not only that, but I got to change the bag of one too. I also need to improve on drain maintenance. I had no clue how to flush them, so I am glad Rian was there to answer any questions I had. One skill I need to develop more is documentation. Especially with an ICU status patient there is a ton of charting that is hourly, Q2, Q4, and per shift. Rian was super helpful and made sure to give her constructive criticism and encouraged me that it takes time to get used to charting everything and that I will also get faster as I get used to the routine.

I have learned so much already at my time in LTACH. I have learned to work as a team and communicate to get things done safely and efficiently. I have learned how to manage time and cluster care to my patients better. I have learned about all the charting that needs to be done every shift. I have also learned the roles of the staff around me and use that to know who to ask certain questions to.

I can use what I've learned thus far in the future to improve patient care by always asking questions when I need help or don't understand something. I will always plan to cluster care as much as possible especially during the night shift so patients can get some good rest. I will use teamwork with the people on my unit to help whether that get RT when my patients respiratory status starts to decline. I will help the CNAs with my patients' baths and them helping me turn my patients. I will ask the charge nurse questions on when to consult the doctor or ask questions when I am confused about the plan of care. All in all, the big things I have taken away from clinicals so far is how important teamwork, communication, active listening, and time management are in being a nurse and working on a unit. I have learned so much so far and can't wait to keep learning in the last half of my preceptorship.