

Mia Cantu

Throughout all my clinical shifts I have had the opportunity to perform skills such as PEG medications and flushes, NG/OG medications and flushes, IVP and IVPB medications, SUBQ injections, peripheral blood draws, venous blood draws, arterial line blood draws, central line blood draws, IVs, foleys, and was able to remove a central line. In the beginning of my preceptorship I had a list of goals that I wanted to do which included removing a central line so I was very happy to do that. During this preceptorship I was really able to enhance my skills.

I was able to have a continuity of care. This was something I have not experienced like my other peers have. I was able to take care of the same patient a couple days in a row and was also able to see one of my patients get way better than he was before. With that I was able to critically think about what we were doing, care plan and medications wise, and see it taking effect. The reason why this is so is because in other modules we did not really have the opportunity to go back to those same patients and really see how they turned out. This was something that made me very happy and was nice to see. I have also seen how nurses play a different set of roles for each patient. Sometimes the nurse needs to offer their insight which is something my preceptor did when asked about her experience in regards to a patient who was not doing well and would soon have their care withdrawn. In another instance my preceptor was educating tremendously to a patient's family who was googling everything. I also witnessed my nurse advocating to the physicians about a patient's sedation. This experience allowed me to observe the many different roles we as nurses/future nurses play in our patients lives.

I have always been a fast learner, adaptable, and fast paced, being in the ICU has allowed me to improve these current traits as well as start a strong foundation in critically thinking, assessing, and managing a patient. In the beginning I was nervous since in past modules we really didn't focus on our assessments and more on doing. I was able to really improve my assessment skills and see what we were doing for their care work. I was also about to build critical thinking skills and manage my time. I'm very proud of how far I have come and what I am now able to do. This allowed me to be more confident.

Some cool things that I have seen are bronchoscopies, trach insertions, intubations/extubations, a bedside ex lap, a nasal intubation, central line placement, lumbar puncture, and plasmapheresis. Although these were cool, I was able to see how a nurse really plays a part in all of these procedures and really was able to learn from just observing to being able to participate.

Overall this preceptorship allowed me to be better at giving report, enhanced my skills, improve my current characteristics, be more confident in what I do know to feeling okay that I don't know everything, become more independent, and actually being a nurse. I feel better at what I was unsure about and feel more confident in what I do know.