

## Reflection

I was in the adult ER for my clinical's on August 25<sup>th</sup>. I was following my preceptor for the day and we had our first patient within the first 20 minutes of the shift. This man came in with a severed thumb from a work incident. We got x-rays and vital signs and bandaged his thumb. Our next patient had minor upper flank pains but all tests came back normal, further indicating maybe just a pulled muscle. Our next patient came in the pseudo seizures. My role during all these was basically putting on the blood pressure cuffs and o2 saturation monitors as well as running labs and giving meds. I was nervous upon arrival because it has been a while since I have been able to do any skills but my preceptor was there with me every step of the way. I got comfortable pretty quickly and towards the end of the day I was confident in where I was going and what I was doing. I pushed meds well and drew blood form an IV well. However, I do still need practice with starting IVs and placing wires for an EKG. I was comfortable with pushing meds and doing vital signs as I have had previous experience with it. I learned that with every patient we hook up the vital signs machine and get an EKG along with cleaning the room afterwards and getting it ready for the next patient. I've also learned how to restock all the trauma rooms. I wouldn't necessarily say I would have done anything differently but I did learn a lot and am excited to see what else I learn with the upcoming shifts. Overall I am confident with what I learned and will be more confident going into my upcoming shifts.