

What feelings did you experience in clinical? Why?

- Going into the preceptorship, I was extremely excited to work a full shift to know the difference between clinical and an actual shift. My preceptor, Jackie, makes me nurse out loud often. When I may not know something, such as certain procedures, I can ask her without the fear of judgement.
- The switch from night shift and morning shifts at my actual job and class has been tough on my body. I am still trying to get my sleep schedule adjusted, but I am staying resilient! Every shift I come in ready to learn!

What did you already know and do well as you provided patient care?

- I work as a nurse tech at UMC, so things such as I&O monitoring, performing EKGs, and basic patient tasks come easy to me. Jackie and I have had multiple nights where we needed to do things such as monitor chest tube drainage and checking ICP which I would do as soon as the hour started.
- As soon as we get report from the day shift nurse, I've been advised by Jackie to look at the patient's H&P as well as any medication we will be giving that night. That way if I don't know why the patient was admitted, or if I don't know any medication, I can ask / look up why. This has helped tremendously. If the patient has any questions about their medication, I can answer them confidently without hesitation.

What areas do you need to develop or improve?

- Charting / multitasking is something I can improve, sometimes I can forget to chart everything we do when we do cluster care. For example, one of our patients needed hourly ICP checks (his EVD was clamped as they were preparing to remove it the following day), but when we went to the room, he needed assistance standing to void. When we got him up, we did a linen change, got him back into bed, zeroed his EVD, and administered his scheduled medication. By the time we sat down, I forgot what his ICP was, then had to go back into his room and check again.
- Another area I could improve is pharmacology. I have always struggled with it, and now that I am nearly a nurse, I feel terrified even trying to pronounce a drug! Looking up any drugs that we will administer has helped a lot, but I feel behind.

What did I learn?

- Every day is a learning opportunity, I feel like a sponge absorbing knowledge! I have learned ART line / EVD management, admission room set up, what questions to ask when receiving report, and performing a CABG dressing change

- I have increased confidence in chest tube observation, lab draws, IV insertion, patient / family interaction, and PRN medication.
- For example, I now know that with a Subarachnoid hemorrhage we give Nicardipine to prevent vasospasms. Nicardipine is a Calcium Channel blocker that improves blood flow to the brain. It does this by causing dilation to the cerebral blood vessels.

How will you apply what was learned to improve your patient care?

- We learn how to do certain skills in nursing school, but sometimes we don't get the chance to actually perform the skill. My first exposure to some of the chief complaints has been some time but seeing them again reinforces my knowledge. I know that if I have any opportunity to perform a skill, my confidence will grow.