

Midterm Reflection

What feelings did you experience in clinical today? Why?

I was excited and honored to learn that I was going to be placed in staffing. This opportunity gives me a great challenge as I get to navigate through different floors of the hospital. By seeing different cases and environments, I get a good understanding of how each unit operates. Prior to my first shift, I felt nervous because I wanted to perform well for my patients and my preceptor. After meeting with my preceptor, I encouraged myself to stay confident, take initiative, and learn as much as I can from this valuable experience.

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

CSON has truly set me up for success by preparing me with foundational knowledge and clinical skills. During my second shift, I was able to apply these skills in a real-life situation involving a patient who ultimately required emergency surgery. In the middle of the shift, my preceptor and I received report from the outgoing nurse. The nurse has informed us that the patient has a knee wound that was bleeding. She reports that the bleeding was under control and contained after applying a cotton ball with Coban wrap. Upon learning that the patient had a hemoglobin level below 7, my preceptor showed me how to administer blood products. She also assessed my knowledge regarding blood product requirements and possible reactions. My preceptor also challenged my critical thinking by asking how blood administration would differ for a patient requiring dialysis. Upon evaluation by the nurse practitioner regarding the patient's knee, the wound burst with serosanguineous purulent drainage. To prevent the patient from

further deteriorating, the OR was consulted to clean the knee out emergently. While preparing and obtaining consent forms to send the patient to the OR, my preceptor showed me how to deal with an emergent situation. This experience reinforced my ability to apply classroom knowledge, critical thinking, and to think quickly to prevent the patient from deteriorating.

What areas do you need to develop or improve?

I need to improve my confidence, strengthen my critical thinking, and time management skills. Confidence is key in nursing. While I understand the reasoning behind patient care decisions and medication administration, I sometimes doubt my reasoning and must double-check with my preceptor. For example, I questioned whether a new patient could have pain medication. I knew that the medication administration was appropriate after double-checking the provider's orders, verifying the MAR, and assessing the patient. I still had to question my preceptor whether the patient could receive the medication. Additionally, I need to manage my time more efficiently. As I progress through the preceptorship and take on more patients, I aim to organize my time efficiently so I can complete tasks and care for patients in a safe and timely manner.

What did you learn today?

I have learned and observed tremendously by rotating through floors and caring for patients with various conditions. I learned how to provide wound care, communicate with healthcare providers, and manage complex cases. Additionally, I was able to experience and hear some findings that I thought were unique. For example, I had the opportunity to care for a patient

whose heart sounds “stridorous” due to a diastolic murmur with regurgitation. Each day, I strive to learn something different to strengthen my nursing skills and clinical judgement.

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

Throughout my time in CSON, I have learned valuable lessons that I will apply to improve patient care. First, I will always assess the patient and interventions provided firsthand. Relying solely on the outgoing nurse’s report and interventions can jeopardize patient care, just like the patient with the knee wound. Secondly, I have learned the importance of thinking ahead, acting quickly, and staying on top of tasks to ensure time for any emergent situations like an admission at shift change. Lastly, by treating each patient with respect, dignity, and equality, regardless of background or condition, I can improve patient outcomes and deliver high-quality care.