

Reflection IM 8

Celeste Gomez

What feelings did you feel in clinical ? Why?

The feelings I felt, personally, was a little bit of anxiety, was I going to mess up? Was I going to make it harder for my preceptor by having me or easier? Well, it was just a lack of confidence in things I already knew how to do, the more I was let to do things and do things on my own the more confidence I have personally gained in not only myself but in my knowledge as a new nurse.

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

I already knew how to provide basic patient care, as well as hygiene assistance, starting and discontinuing enteral feedings, intake and output measurements, and documentation.

What areas do you need to develop or improve?

A few areas I feel I need to develop is more confidence in my skills but I think that will come with more time and exposure to the procedures, such as fundal massages, I was able to do fundal assessments for the first time and gain that experience.

What did you learn?

So far I have learned how to start and stop enteral feedings, neonatal assessments, postpartum assessments, feeding neonates by mouth, and warming milk for feedings.

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

I will apply what I have learned to improve my patient care by utilizing what I have learned and to provide care with the upmost confidence in not only myself but my skills as well. I will take these learning opportunities and use them in my future practice.