

## Final Clinical Reflection

Eva was the greatest preceptor ever. I really enjoyed having her as a preceptor. She taught me so much and explained why. Like the reason we push insulin and D5 during a code. It is to lower potassium because potassium gets absorbed into the cell when glucose is entering the cell from the insulin. She taught me so many different important things like this to know when working on an ICU floor. She also taught me the importance of the different vasopressors and sedatives and what to monitor when a patient is on them. She was very informative and helpful during every shift. The same goes for all the people on the floor I worked with. Like Art, Juan, and Kylie. I got to work a shift with all of them, and I enjoyed all of them and learned so much. I also liked how they weren't just right over my shoulder watching me do every little thing. They gave me space to work and be independent. This really helped build my confidence because it made me feel like I can actually handle being an ICU nurse.

From the beginning to the end of my capstone, my charting skills have significantly increased from the beginning. Especially for ICU, charting vitals hourly or every 15 depending on what continuous meds they are on. I improved with charting my assessment as well and charting it every 4 hours. This also includes charting for restraints every 2 hours when the patient is sedated and has an ET placed.

Overall, I really enjoyed every capstone clinical and preceptor I had. These clinical experiences just proved that I have what it takes to be an ICU nurse. Most importantly, it gave me the confidence for my future journey as an ICU nurse.