

• What feelings do you have after your clinical?

I am more confident to complete tasks and not as afraid to make mistakes. If I don't know how or what I am doing I stop and allow for a moment of re-teaching. I thoroughly enjoy those moments because I have been able to learn different techniques from different people.

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

I am doing well w/ patient teaching/education. I explain why I am doing what I am doing as I am performing the task. I make sure to answer questions in a timely manner to help ease any anxiety that comes w/ being admitted to Labor + delivery. I am also willing to phone a friend if I don't know the answer. Picking different nurses brains about what they would do has been the best part of my preceptorship.

• What areas do you need to develop or improve?

my charting needs improvement. Finding tasks in Epic is a little difficult but my preceptor has walked me through most tasks we would need to complete. I have been able to chart admission when a pt is brought to triage. I have been able to chart on a pt being admitted to the floor. I get to chart strips for FHR & contractions. I have gotten to observe charting in a C-section in the OR. I even get to help "count" + call out instruments used in a C-section.

• How will you apply what you have learned to improve pt care?

The craziest thing I have learned these past clinicals was what an artifact is. An artifact in a TOCO monitor is an inaccurate reading caused by external factors like maternal or fetal movement. It is important to know that an artifact is always a possibility because we heard what we thought was a third heart beat. We could see mom's heart rate was around 90 bpm and baby's heart rate randomly shot up to 180. Since baby was randomly tachycardic, we went in to access. Again, we saw mom was 90 bpm, and we picked up a 180 bpm^{hr} but then when we moved it we picked up a 50 bpm HR. It almost sounded like a skipped beat. We got called our charge nurse & then she had us get the doctor to get an ultrasound. Our Dr only saw one baby confirmed baby & mom's heart rates.