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NURS 5019 Lab

5/28/2024

Journal #1

1. What goal did you meet this week that you and your preceptor discussed?

My preceptor and I discussed a few personal goals I would like to achieve over the 180 hours I will spend with him at SOFHA Family Physicians of Johnson City. One of the goals we discussed was for me to familiarize myself with the facility and other providers in the office and learn how to navigate my way around the office. Another important goal we discussed was getting comfortable with the EMR reviewing patients' charts and labs to prepare for when I start seeing patients on my own.
2. What areas does your preceptor feel that you need to work on for next week?

My preceptor feels that I need to focus on the interview process and assessment process to ensure that I can gather all the information I need to correctly diagnose and develop treatment plans for individual patients.
3. What did you do this week that made you feel you gained confidence in a particular area of patient care?

This week I was able to correctly discuss post Myocardial Infarction medication protocols with my preceptor for a patient who had come in for a follow-up hospital visit and experienced a recent MI.
4. Reflect on a challenging clinical situation or a situation where you did not feel confident in a particular area of patient care.

One challenging clinical situation that did not make me feel confident was a patient who was being seen for a follow-up hospital visit and had been diagnosed with AL Amyloidosis. This is a rare disease, and I did not know much about the disease process and treatment protocols for this diagnosis.
5. How did you handle the situation?

I was able to sit in on this visit and learned a lot out the symptoms and treatments for AL Amyloidosis.
6. What have you done or will you do to make you feel more prepared for this same
situation in the future?

In the future, I will be sure to review the disease process and consult with other providers if I am unsure of a plan.
7. Reflect on some areas of learning while in the clinical area that will benefit you the most in your own practice.

Some areas of learning that would benefit me in my future practice would be slowing down and not getting so anxious worrying about missing something or not fully knowing something. This would help ensure that I am taking my time reviewing the EMR/chart and asking all the questions I can to ensure better health outcomes for my patients.
8. What course objective did you address this week?

Collaborating with other healthcare professionals for the management of care for patients in the women's health setting.
9. Describe how you integrated one of the SON’s Professional Pillars during your clinical experience this week.

I was able to integrate commitment as one of the SON’s Professional Pillars by dedicating myself to my preceptor, the patients, and the journey of learning by being present, ready, and willing to learn.