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NURS 5019 Lab

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Journal #2

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

My preceptor and I discussed some new goals this week that will help me gain confidence in my practice as a future nurse practitioner. One goal discussed was for me to become comfortable charting within the EMR system while talking with the patients during visits. Another goal was to become confident with my assessment and plans.

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 diagnose and develop treatment plans for individual patients correctly.
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 different thyroid disorders, lab testing, and medication treatments for this disorder for a patient that had been recently diagnosed with Hypothyroidism.

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 Breast Cancer. She was an elderly woman who had already been battling anxiety and depression for many years and was having a difficult time accepting her diagnosis.
5. How did you handle the situation?

I was able to express sympathy and compassion for this woman as well as give her some encouragement along with my preceptor that her pathology and pet scan looked optimistic.

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 offer counseling to a patient in this circumstance as it may help with her depression symptoms during this disease process.

7. Reflect on some areas of learning while in the clinical area that will benefit you the most in your own practice.

I think that there are still many areas of learning in the clinical setting that will benefit me such as becoming confident in interpreting and analyzing findings to ensure a correct diagnosis for patients as well as being confident with my prescribing abilities.

8. What course objective did you address this week?

A course objective I believe I was able to address this week was to apply knowledge and research findings from the pathophysiological, pharmacological, behavioral, and nursing sciences to the management of primary care problems commonly experienced by individuals across the adult life span.
9. Describe how you integrated one of the SON’s Professional Pillars during your clinical experience this week.

One of the SON’s Professional Pillars I integrated this week would be accountability. It states, “Making a decision based upon a knowledgeable understanding of the circumstances, acting on that decision, supporting the decision with evidence-based rational and reason, and accepting responsibility for the outcome.” I believe I was able to integrate this with my difficult encounter instead of ignoring what I felt I chose to do the right thing and have my preceptor concur with my abnormal findings.