**Reflective Journal: Struggling with Confidence**

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University of Windsor

NURS 1612: Clinical Practicum III

May 30, 2022

**Student statement:** By submitting this reflection, I am acknowledging that it is my own work. Comments are my own and have not been used in any previous work (inside or outside the institution). I have followed the rules outlined by my instructor and am compliant with the University of Windsor, St. Clair College, and/or Lambton College Academic Integrity Policy.

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| **Category** | **Student Reflection (must be typed)** |
| **Look Back****(L)** | The clinical experience I am going to reflect on happened on my first day at the new hospital. For the first time in my clinical experience I had to work with a nurse who didn’t seem to want to teach me. As only a first year nursing student who is already lacking confidence it was difficult having to work with a nurse like this. When I asked her questions she made me feel bad for even asking. For example my patient had what it looked like to me a distended bladder. So me being the curious student I am, asked my nurse if that was what it was. She responded in a way that made me feel embarrassed for even asking. I am someone who learns best by asking questions and getting feedback so this made it very difficult for me to learn in the environment I was in. This experience was frustrating to me because I already struggle with my confidence in the clinical setting and working my first consolidation shift made me feel even worse. Even though I was put in a tough learning environment I am proud of myself for picking myself back up and continuing to work with the nurse. I am glad this experience happened because I know now that I must be able to put my own emotions and feelings aside to make sure my main focus is on the patient. I do feel embarrassed for getting emotional at the hospital but I do have a hard time hiding how I am feeling. This is something I know I will need to work on going forward.  |
| **Examine Experience****(E)** | An article written by Lundberg (2008), emphasizes the lack of confidence nursing students face in the clinical setting. It explains how even highly knowledgeable students doubt themselves even when they are fully capable. This relates to my situation in the sense that I feel I am very knowledgeable however I worry about small things that are out of my control. I think sometimes students also forget that they are not on there own and that they have many experienced nurses that can help. Relating to my situation it makes it difficult to want to ask for help when your nurse seems like she wants nothing to do with you. This article becomes important as it talks about fostering an uplifting and confidence boosting hospital environment for students. It also gives some strategies to students to improve on their confidence. This includes frequent journaling, story telling and skills reviews. Many of these we do in our clinical group. For example we all story tell and debrief with each other after each shift. This is where we talk about out thoughts and feelings as well as some of our strengths and weaknesses.  |
| **Appraise** **and** **Analyse** **(A)** | I immediately talked to my mom when I got home about what had happened. She felt bad because I already told her I was feeling nervous before going to the new floor on the hospital. She told me that I should not be discouraged and that I need to not let that nurse affect my time at the hospital. I took her advice and ended up having a much better day on my second shift. I also talked my peers who were on the floor with me that day. They all noticed the way that the nurse was treating me and they honestly told me they were relieved that they didn’t have her. They explained to me that I was fine and that I was doing nothing wrong which helped reassure me. Some of them have also experienced similar situations which they shared with me. It was nice being able to talk to them because it seemed like they understood how I felt and that I was not alone. |
| **Research** **and** **Revision****(R)** | This experience was almost like a wake up call to reality for me. I have yet to experience a nurse who treated me like that and I honestly didn’t expect it at all. But now having to experience that and having to deal with it has made me more prepared now if something like that ever happens again. I have now learned how to work with people who don’t necessarily want to work with me. I made sure to do everything I was taught to the best of my abilities and was not afraid to ask my nurse questions when I had them. When I first worked with her I was scared to approach her and ask questions. However when I went home I used some strategies mentioned in the article including journaling and debriefing. This allowed me to come back the next day ready to work and ready to learn. I didn’t want to let my nurse stop me from learning which I didn’t on my second shift with her. The only thing I would do differently in this experience is to try not to let other people influence my learning. From now on if I am feeling frustrated with the way the nurse is treating me I will take a minute to reflect and reset myself. My problem was I didn’t let myself calm down and I was upset almost the entire morning of my shift. This not only impacted my own learning but it also affected my delivery of care to my patient. However once I was able to talk about how I was feeling, I was able to work. Overall this was a very positive learning experience for me.  |
| **New Perspective****(N)** | I think for the future it is very important to teach strategies for students to work on their confidence. This can include the ones that were mentioned in the article such as journaling, debriefing, skills review and sim labs. There are many resources available to nursing students that they just are not aware of. A nursing blog written by a student nurse talks about ways to increase confidence in the clinical setting. The student really emphasizes the importance of surrounding yourself with positive people not just at work but at home too. This blog is a great resource for nursing students to come to especially since the person writing it has been through everything that we are going through right now. It had a variety of different posts about basically everything a nursing student needs to know. It also has almost a new student writing for each post so you get a variety of perspectives and opinions. <https://evolve.elsevier.com/studentlife/blog-post/how-to-gain-confidence-in-the-clinical-setting/>  |
| **Concept Identification** | This experience relates to the concept of teaching and learning because I was able to realize the importance of having a good learning environment. In order to learn in takes two people, one who is willing to learn and one who is willing to teach. When one of those things is missing it makes it very difficult for any learning to be done. My experience also relates to collaboration. Collaboration is a key concept that we learned about and is crucial to provide a patient with uniform care. You must be able to collaborate with others to achieve a common goal for a patient. From this experience I learned the importance of collaboration. Even though this nurse wasn’t the nicest to me we were still able to collaborate together in order to help the patient which is the most important thing.  |
| **References and APA Format** | **Student Reference(s) in APA Format:** Lundberg, K. (2008). Promoting self-confidence in clinical nursing students. *Nurse Educator*, *33*(2), 86–89. <https://doi.org/10.1097/01.NNE.0000299512.78270.d0> Centeno, A. (2021). How to gain confidence in the clinical setting. *Elsevier.* <https://evolve.elsevier.com/studentlife/blog-post/how-to-gain-confidence-in-the-clinical-setting/>  |
| **Grade:** |  |
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**References**

Lundberg, K. (2008). Promoting self-confidence in clinical nursing students. *Nurse Educator*, *33*(2), 86–89. <https://doi.org/10.1097/01.NNE.0000299512.78270.d0>

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