

BECOMING A PRECEPTOR



"Students and new nurses have lots of questions. My job is to encourage them to ask those questions and help them feel at-ease in clinical situations. I support and empower them. I love teaching."

Christina's mother inspired her to be a nurse. Her mom brought home medical booklets that she used as a certified nursing assistant while working with elderly patients who lived in rural parts of the Navajo Nation. Christina loved reading those booklets and felt drawn to helping and educating people. She also watched her dad who was a diabetic become frustrated with his health care. She wanted to make a difference.

COMPASSION LEADS TO HEALING

As a nurse, Christina would often show new nurses the ropes and help them understand how to be successful. She's found that working alongside new nurses gives them confidence when they have to do a procedure on a patient or when dealing with difficult patients. She reminds them that the patients are stressed, they are away from home and scared of being in a hospital. She notes that engaging patients often helps them open up about their concerns and makes them calmer. She takes a hands-on approach.

NEVER STOP LEARNING

Christina's employer was very supportive of her journey to become a preceptor, as were the nurses she worked with. She also attended the OHSU preceptor program remotely and felt it was valuable.

Today, Christina is a full-time clinical instructor at the University of Alaska in Anchorage. She continues to work at Alaska Regional Hospital in the endoscopy department as needed and enjoys working with patients and new nurses there.

Advice from Christina

- Provide a positive learning environment
- Listen to student's/new nurse's questions
- Be organized
- Be available and approachable
- Offer encouragement
- Be resourceful
- Show compassion
- Patience helps learning

Roles of a preceptor

- Assessing student's/new nurse's orientation needs
- Planning learning experiences
- Facilitating patient care to achieve identified learning needs and goals
- Modeling and coaching
- Offering positive reinforcement
- Using humor to make learning enjoyable

If you're interested in advancing your learning of preceptor skills, contact the SON Admissions Office at proinfo@ohsu.edu, 503-494-7725 or visit ohsu.edu/son to inquire about the Master's in Nursing Education program.



Christina's career path

Keep on learning

2023, enrolled in Master of Nursing Education program at Oregon Health & Science University School of Nursing



2023, completed Oregon Nursing Education Academy's Preceptor Scholar program

Enhancing knowledge and skills



Helping students function confidently. Started precepting.

2021, clinical instructor, University of Alaska, Anchorage College of Health in the Undergraduate Nursing program

"I followed my passion to teaching. My mentor encouraged me to listen to students and provide a positive learning environment, so students feel comfortable. That has a positive impact on their learning experience. Add in a dose of patience for good measure."

"For students and new nurses, the clinical setting can be unfamiliar, unpredictable and overwhelming. My job as a preceptor is to support and empower them."

2016, Alaska Regional Hospital in endoscopy department and as diabetic educator

Finding time to volunteer to train new nurses

STARTED HERE

Graduated 2015 Grand Canyon University in Phoenix with bachelor's degree in nursing

Following her childhood dream



OHSU OREGON NURSING EDUCATION ACADEMY

For more information on the Oregon Nursing Education Academy, contact Alanna Lowery, loweryal@ohsu.edu

ohsu.edu/oregonnursingacademy



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$988,824 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.