

# First Clinical Day Survival Guide

Essential Tips for Nervous Nursing Students

Your first clinical day can feel overwhelming, but remember: every nurse who came before you felt the same way. This guide covers practical strategies to help you feel prepared, confident, and ready to make the most of your clinical experience.

## The Night Before

**Pack Your Clinical Bag:** Stethoscope, pen light, scissors, multiple pens (black and colored), small notebook, hand sanitizer, lip balm, granola bar, water bottle. Double-check you have everything.

**Prepare Your Uniform:** Iron your scrubs, polish your shoes if needed. Lay everything out including your badge, watch, and comfortable socks. Set it where you'll see it in the morning.

**Review Key Concepts:** Spend 20-30 minutes reviewing vital sign ranges, basic assessment techniques, and any conditions you might encounter on your unit. Don't cram all night.

**Get Adequate Sleep:** Aim for 7-8 hours. Set multiple alarms and go to bed early. Your brain needs rest more than last-minute studying.

## Morning of Clinicals

- Eat a substantial breakfast with protein. You may not have time to eat again for hours.
- Arrive 10-15 minutes early. Being rushed increases anxiety and sets the wrong tone.
- Use the restroom before you get to the unit. Clinical days are long and busy.
- Take three deep breaths before entering the building. Ground yourself mentally.

## First Hour on the Unit

The first hour sets the tone for your entire day. Focus on orientation and relationship-building.

- Introduce yourself to your assigned nurse with confidence. Make eye contact and smile.
- Ask where to store your belongings and where the student area is located.
- Request a quick tour: supply room, medication room, clean utility, dirty utility, break room.
- Ask your nurse about their preferred communication style and how they like to delegate.
- Get report on your assigned patient(s). Take organized notes using a brain sheet.

## Working with Your Nurse

### Do's:

- Ask questions, but pick appropriate times (not during emergencies or med pass)
- Volunteer to help before being asked
- Communicate what you've done and what you plan to do
- Show initiative while respecting boundaries
- Thank them at the end of the day

### Don'ts:

- Don't hide in the corner or disappear from the floor
- Don't pretend to know something you don't
- Don't touch equipment or meds without supervision
- Don't complain or speak negatively about staff or patients
- Don't check your phone except during designated breaks

## Interacting with Patients

Most patients are kind and understand you're learning. Introduce yourself as a nursing student and explain that you'll be working with their nurse today.

- Always knock before entering and respect their privacy
- Use therapeutic communication: open-ended questions, active listening
- If a patient refuses care from a student, don't take it personally. Get your nurse.
- Spend time talking with your patients, not just doing tasks. You'll learn so much.
- Document everything you observe, assess, and do for your patient.

## Managing Anxiety & Nervousness

**It's Normal to Be Nervous:** Every single nursing student feels this way. Your instructor and nurse expect it and will support you through it.

**Focus on Learning, Not Perfection:** You're not expected to know everything. You're there to learn. Mistakes are part of the process when you're supervised.

**Use Grounding Techniques:** If you feel overwhelmed, excuse yourself to the bathroom. Take five deep breaths. Splash cool water on your face. Then return.

**Ask for Help Immediately:** If you don't know how to do something or feel uncomfortable, speak up right away. Never fake competence.

## End of Clinical Day

- Help clean up patient rooms and restock supplies before leaving
- Thank your nurse and ask if there's anything else you can help with
- Complete any required documentation or paperwork before you go
- Debrief with your clinical group if your instructor facilitates this
- On your drive home, reflect on one thing you did well and one thing you learned

**Remember: You belong here. You've earned your spot in this program. One day at a time, one patient at a time, one skill at a time. You've got this.**