



Your first week at Tidewater

Team: Clinical operations | For: New nursing and front-desk staff | Updated: October 2026

Welcome to Tidewater Clinic. This guide covers what happens in your first five days, who to ask, and the few rules we never bend. Keep it handy; you will not remember everything on day one, and nobody expects you to.

Day one

- Collect your badge and scrubs from reception before 8:00.
- Meet your preceptor, who will shadow you for the whole first week.
- Complete the infection control module in the learning portal.

Days two to four

- Work alongside your preceptor on morning clinics.
- Learn the triage flow and practise it on two supervised patients a day.
- Book a 20-minute check-in with your team lead for Thursday.

Day five

You will run a short clinic with your preceptor in the room. Afterwards, the two of you will agree on what you can do independently from week two.

Rules we never bend

1. Wash your hands before and after every patient, no exceptions.
2. Two identifiers before every medication: name and date of birth.
3. If something feels wrong, stop and ask. Nobody here will be annoyed.

Who to ask

Question	Ask
Rota and leave	Ásdís, clinic coordinator
IT and passwords	Help desk, extension 214
Clinical questions	Your preceptor first, then the shift lead
Anything else	Your team lead