

<p>Step 1 Description</p> <p>My nurse and I were in the room of a patient who needed a foley catheter. The patient was mostly non-responsive. It had already been attempted by one student and a nurse. My nurse had been called in to place it due to her experience. When we examined the patient's anatomy, it actually seemed like a very straight forward procedure. It only took my nurse a few moments to insert the catheter. I assisted in keeping the patient in a good position and cleaning up after the procedure.</p>	<p>Step 4 Analysis</p> <p>Students are frequently told by our instructors to ask for and jump at every opportunity that presents itself. This is because hands on experience is invaluable in the nursing process. The issue to me seems that I feel very insecure about my current abilities. I would imagine that this is similar to what every nursing student feels and that does make me feel better. The fact that after the procedure, my nurse told me that she thought I could have done it does make me feel more at ease.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the situation, I felt excited as I had never watched that procedure in person. As we prepared and examined the patient, I felt as though I should ask to attempt the skill, but I was too nervous. After the foley was inserted, my nurse commented that it had been a "really easy one" and that she "should have had me do it". This made me more agitated with myself that I did not ask for the opportunity. I was very happy that it went so smoothly for the patient though as there was a large amount of urine and she needed a catheter badly. The feeling that is most important to me at this time is regret in not asking for the opportunity to place the catheter.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by speaking up and asking if I could insert the catheter. My nurse was very helpful and handled the situation to the best of her ability. In the future I will be more assertive in asking for opportunities to perform skills.</p>
<p>Step 3 Evaluation</p> <p>The event was over all a good experience in that the patient was able to get relief and it was not a difficult procedure. I played a supportive role in helping the nurse accomplish the task, and my nurse very skillfully inserted the catheter. I expected the outcome to be a much more difficult because we had been told by another nurse that it would be. The procedure went much better than expected and I contributed by holding the patient's legs and cleaning up the area.</p>	<p>Step 6 Action Plan</p> <p>Overall, I believe this is a good learning experience. I was able to see the procedure up close and feel more confident in my ability to do it next time. I have learned that I am more insecure with my current skills than I knew. This will be a good reason to get into the SIM lab for more practice and to volunteer to preform these skills in clinical. This applies to anything that I have learned in school so far, not just foley insertion. I believe that this situation will make me more assertive in the future.</p>