

## Covenant School of Nursing Reflective

<p><b>Step 1 Description</b></p> <p>In simulation this week, I learned the importance of organization. I learned that when you are in the room, it's best to do everything you can; the same goes for the med room, as well as when you are simply using SBAR to speak to a physician. As nurses, there is so much on our plate, so it is crucial to organize and plan ahead.</p>	<p><b>Step 4 Analysis</b></p> <p>Today in SIM, there were multiple times I could've been a more efficient nurse. You should never go into a patient's room or call a physician without having a game plan. When you are going into a patient room, it's important to look at the orders beforehand. That way, if there is anything you need to prioritize, you can get it done right away. As for calling a physician, it's important to have prepared any information you think they want to know. A physician's time is limited, so a nurse must have all the possible information they could want so you don't have to call them multiple times.</p>
<p><b>Step 2 Feelings</b></p> <p>A nurse has lots of "ducks to keep in a row" perse. There can be a lot going on at one time. It can be extremely hard to juggle, especially as a new nurse. Today showed me the importance of critically thinking and planning. When you are in a patient's room, it is essential to assess the entire situation and make sure you are using your time wisely and efficiently, so you are not continuously having to go in and out of the room because you keep forgetting to do certain things. It's best to think about what's ahead and use your nursing judgment to get everything you possibly can done at one time.</p>	<p><b>Step 5 Conclusion</b></p> <p>Today I learned the importance of being an efficient nurse. It is clear why all the instructors stress the importance of critically thinking. A nurse is very busy, and you have to be able to put all the pieces of the puzzle together. You have to be able to give the best patient care and be able to identify things that need to be addressed and prioritized. Doing an assessment so you can establish a baseline on your patient is so important. If you do not have a baseline, you have no way to know if they are declining. As a nurse, it's so important to use your time wisely and plan and critically think ahead. Time is muscle, and it is important for a nurse to manage her time wisely.</p>
<p><b>Step 3 Evaluation</b></p> <p>I remember following a nurse once, and we were passing out meds. We probably went to the med room 30 times before we were finished. She would either forget to ask a patient if they wanted their pain meds, forgot supplies, or fail to grab a medication off the pegboard. Today in simulation, it dawned on me the importance of critically thinking and having good time management. That situation could've gone a lot smoother if we would've just paused and thought about what was ahead and made sure we were going in the patient's room fully prepared. Being prepared ends up saving the nurse a lot more time to give extra patient care instead of running around 100 times. It's best to get all the information and supplies you need in one setting.</p>	<p><b>Step 6 Action Plan</b></p> <p>As a new nurse, I want to make critical thinking and time management a main priority. There is always a lot going on in the hospital, and as a patient's primary care nurse, you have to prioritize what needs to be done first and how to be the most efficient nurse possible. It is so important to me to be able to give the best patient care possible. I need to be able to manage my time and efficiently evaluate my patients so I can provide the quality care they deserve. I know people say juggling all your patients comes with time, but that's something I want to be able to do right off the bat. I think it's so important to use my time wisely and plan ahead.</p>

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