

## Covenant School of Nursing Reflective

<p>Step 1 Description</p> <p>CPE or "Clinical Performance Evaluation" is when we go to the Simulation Lab, and we are given a scenario. We have to use our nursing judgment and critical thinking skills to take care of the patient while being watched by two professors.</p>	<p>Step 4 Analysis</p> <p>I have heard numerous times what sets an RN apart from an LVN or a CNA is our critical thinking ability. We all have a vital role in inpatient care. CPE showed me just how important critical thinking is. We have to know the signs and symptoms to look at and catch so we don't do or give the patient something that could cause them more harm. As a nurse, you have to assess the big picture and realize that just because there is an order for something doesn't mean it has to be given if your nursing judgment thinks it could potentially be dangerous to the patient.</p>
<p>Step 2 Feelings</p> <p>Personally, CPE is way more stressful than any of the Exams. Even though it causes me to have anxiety through the roof, I know it's essential to have moments like that in order to be a prudent nurse. As a nurse, you still have to provide smart, quality patient care under pressure. I remember a teacher telling me that it's good to have some anxiety, so that way you can make sure you perform to your best abilities, just don't let the anxiety get the best of you to where it compromises your decision making.</p>	<p>Step 5 Conclusion</p> <p>This module has been a rollercoaster of emotions, to say the least. There was a time in the simulation center where I heard something from an instructor, making me really doubt if I would be able to be a great nurse. It's important for me to be the best nurse I can be because I understand that people's lives will be in my hands. After CPE, the instructor who proctored me told me that "I should already be working in the hospital because I have great bedside manner." That compliment meant a lot more to me than that person will ever know, because like I said, it matters so much to me that I become a great nurse who will provide the best patient care.</p>
<p>Step 3 Evaluation</p> <p>It's crucial to thoroughly assess your patient and all current labs and vital signs before giving any medications or care. You have to make sure you are doing everything to keep your patient safe. For example, you should never give medication to decrease hypertension if your patient's blood pressure is bottomed out. You have to look at the entire situation and make the safest decision for your patient.</p>	<p>Step 6 Action Plan</p> <p>Moving forward, I need to take all the knowledge I've acquired from not just CPE but clinical and from my advisor about how to critically think and put all the pieces together. It's important always to provide quality, safe patient care. I want to be the best possible nurse I can. I sometimes stress about what if I get in the field and don't put the pieces together fast enough. But then I remember to trust my knowledge and my education and the fact that I still have another four modules to go through where my critical thinking and medical knowledge will continue to grow. I have really appreciated all that CPE and IM4 have taught me.</p>

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