

## Covenant School of Nursing Reflective Practice

*Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.*

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| <p><b>Step 1 Description</b></p> <p>Today was the first time since being back in clinicals for CSON after my LOA after about 4 months. Once I was able to get back into Meditech my instructor sat with me and walked me back through it to regain an understanding, even showing me things, I did not know we could obtain in the charts.</p>                                     | <p><b>Step 4 Analysis</b></p> <p>I feel like today opened my eyes to Meditech more especially since I was shown new things in it. This also makes me wonder why at Module 4 I'm just now learning this, which I fault myself for not looking further into the charts before in previous clinicals.</p>          |
| <p><b>Step 2 Feelings</b></p> <p>In the beginning I was super nervous just trying to remember the steps and to do and not to do's of being a nursing student. After getting situated it all started coming back to me with the help of my instructor. Although it was a slow day when it came to skill's and giving out meds, I did help with other Pt's to try and stay busy.</p> | <p><b>Step 5 Conclusion</b></p> <p>I don't believe anything could have went any better today after returning to CSON than how it went, except for maybe getting to give meds or doing some skills. I learned that there is always something new to learn if you take the time and pursue it.</p>                |
| <p><b>Step 3 Evaluation</b></p> <p>I think today was a good event even though it was a slow start to clinicals due to the past week of weather. It helped me feel more comfortable than jumping right back into it after being away for the past few months.</p>   | <p><b>Step 6 Action Plan</b></p> <p>I can apply what I learned today on charting and paperwork for the school to become a better student and hopefully one day a nurse. In the future hopefully I can even help other students and colleagues who may have difficulty finding what they need in the charts.</p> |