

# Covenant School of Nursing Reflective

*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.*

<p><b>Step 1 Description</b>          Week three of clinical was steady during both days of patient care. It was another week on Heart Center 5, and I had the opportunity to follow a new nurse, who did an amazing job. I also gave medications to my primary patient with my instructor rather than the nurse, so she could observe how I managed medication administration. I removed staples and sutures from my patient on my second day, which was the most exciting thing of the week considering it was a new learning opportunity. I interacted with my patients and got to know them a little bit more and received advice from my nurse. Overall, I feel like I learned a couple of new things that I could use in my future nursing career.</p>	<p><b>Step 4 Analysis</b>          Getting advice about my clinical paperwork will help me do better the next time I work on another patient care plan. I am learning more about different types of nursing diagnosis that I can use later in my career. I asked my nurse about educating patients who have neurological issues and she explained a couple of different scenarios. She explained that if a patient doesn't have a family member at bedside, that I can still communicate and educate a patient because they can still hear me. That despite them being cognitively impaired, I should still communicate with them. There was another patient who wasn't mine, who wanted a different lunch plate, because the one he received had cheese and beans, which he said he could not eat. After taking time to call dietary about a new plate, he was very much appreciative and I could tell he was because he asked me what my name was and even though it was a minor thing, the fact that he wanted to know my name made an impact because I felt like I did something good for him to want to know more about me. He didn't have family with him, so in my heart I knew I had to make sure he was okay.</p>
<p><b>Step 2 Feelings</b>          I always come in to clinical wondering what is going to happen for the day. When my instructor told me, she was going to distribute medications with me, I will admit I was a bit nervous. I don't believe I was as nervous as other students on the floor, but I was more afraid of doing something incorrectly. I was also more worried about disappointing my instructor in front of my patients because I want the patients to feel comfortable with me giving them injections or medications. Despite my instructor teaching me new techniques, I was very appreciative when I was told I was doing a great job by my patients and I was told, "you got it!" by one in particular. I absolutely appreciate the patients who want to know how far I am in nursing school and it makes me feel even better when they tell me I have a great nurse that I am following. Statements like that just show me that they are receiving the best patient care by their nurses, and that's the nurse I hope to become. Removing sutures and staples was nerve wrecking! However, once I physically did it, I realized it wasn't as bad as I thought it would be.</p>	<p><b>Step 5 Conclusion</b>          Overall, there was not a bad situation this week. Everything was positive and a great learning experience. I try my hardest to turn the bad into a positive outlook even if it's difficult sometimes. Every day is a new learning experience for me, and that is the attitude I try to walk in with daily.</p>
<p><b>Step 3 Evaluation</b>          I tend to worry more than I should, and I realize that as I get older. Just as I mentioned before, I was nervous about administering medications with my instructor, but it wasn't as bad as I thought it would be. I was nervous about removing staples and sutures, but again it wasn't as bad as I thought it would be. My instructor gave me advice about my clinical paperwork, and I was worried about my care plan being incorrect but she said I did a really great job. After more evaluation on myself, I see how hard I am on myself, when really, I just need to pat myself on the back for working hard. I appreciate the push from my instructor and nurses because it helps me become better.</p>	<p><b>Step 6 Action Plan</b>          Next time, I plan on being more confident as my instructor told me I should be. New medications I administered this week will be useful for upcoming patient care. Learning about new nursing diagnosis will help me in the future for clinical paperwork and patient care. I plan on using all new information down the road.</p>

