

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description This week in clinical I had a couple of good learning experiences. The first day of the week I gave patient medications and was able to interact with my patients. The second day, I attempted to start an IV, but I wasn't successful after two tries. I also helped clean up a patient who had back surgery, and that was a learning experience as far as knowing how to handle the patient physically considering he was in so much pain. During my attempt at starting an IV, my nurse was guiding me, however it was difficult for me. Definitely harder than I expected vs simulation practice.</p>	<p>Step 4 Analysis I haven't had many learning opportunities with IV starts, so I believe once I start getting more opportunities and practice, I will succeed. As mentioned previously, my only learning opportunity that I have had was at the simulation center, and it wasn't for very long.</p>
<p>Step 2 Feelings At first, I was nervous about starting an IV, but I presented myself as being confident because I knew that is how I needed to be. After the first attempt, I was a bit discouraged but remained positive and told myself to just try again and that I can do this. My nurse was also being positive and told me it was okay. After my second attempt, I was 100% discouraged. My nurse mentioned it was a good time to start my IV for the first time considering my patient wasn't alert and oriented. This was the first time I had failed at doing something related to nursing practice, and I was pretty discouraged about it. While assisting with cleaning up on the patient who had back surgery, I was a bit scared. More so, because I knew the patient was in agonizing pain while we were turning him. I didn't want to hurt the patient, but we had to clean him up. Thankfully, I had his nurse and a couple of other nursing students to help and the fact that there was great team work made it not so scary.</p>	<p>Step 5 Conclusion I don't believe the situation could have been better, because my nurse allowed me to practice on our patient when I admitted to her that it was my first time attempting to start an IV and 100% believed I could do it. This taught me that it will definitely take a lot of practice.</p>
<p>Step 3 Evaluation Overall, both moments were learning experiences for me. It wasn't a bad thing, and I understand that sometimes I need to fail in order to succeed. I do pretty well interacting with my patients and try to help them as much as I can on what I am allowed to do. Thankfully, I had some very understanding family members at the bedside this week who allowed me to practice on their family members. Each of them will ask me about school and it's a great feeling.</p>	<p>Step 6 Action Plan I plan on watching videos and asking for more opportunities to start IV's in the future during clinical time. I know there will be many more learning moments coming, and I look forward to all of them. My goal is to accomplish a couple of IV starts by the middle of the year and many more new things.</p>

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