

Covenant School of Nursing Reflective

Here is a picture summary of my CPE

me when someone's looking at me
while i'm doing something



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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>Step 1 Description</p> <p>My first CPE scenario involved an 84 y/o male patient admitted with urosepsis. He presented with confusion, oriented to self and time, but not place. He had several medications, and after evaluating his labs, I determined that I needed to withhold his anticoagulant and antipyretic drugs. Upon further assessment, I determined that his pain meds were not needed either. Upon completing focused neuro and focused cardio assessments, I went to the med room to gather his medications. He had a PO blood pressure med and an antibiotic IVPB. My first mistake was using a gravity feed tubing instead of piggyback for his antibiotic. Upon reentering the pt room, I used 2 pt identifiers and asked about allergies. I taught the patient about his meds, the route, dose, reason, and when he gets them. However, I neglected to scan in the medication before administering it to the patient. I met all other requirements for the sim, but had to come back and redo the med admin. On my second attempt, I met the requirement.</p>	<p>Step 4 Analysis</p> <p>In my head, I have my scenario, the exact things that I need to do in what order, and for some reason that just all goes out the window the minute I enter the simulation. I could have taken better advantage of the cheat sheet we were allowed to use. I glanced at it once or twice. I'm not entirely sure why I put in the vault in the back of my mind and didn't use it.</p>
<p>Step 2 Feelings</p> <p>Can I just say that I have a very strong hatred for CPE. I understand that it is necessary, but it just messes with my head. I feel like I have a firm grasp of the concepts and skills whenever I am in clinicals, the classroom, or non-graded sim activities. It frustrates me no end that CPE makes a fool of me almost every single time I have to do it. Sometimes it makes me question my ability and aptitude to perform nursing skills in real life.</p>	<p>Step 5 Conclusion</p> <p>I will someday be performing under real life stressful situations, and even though I dislike CPE, I know that it will make me a better nurse. I am going to try my hardest to make my next CPE go much smoother. Also, I didn't cry, so that was a win.</p>
<p>Step 3 Evaluation</p> <p>The CPE scenario was helpful in the way that it made me have to critically think about all of the patient information to determine the best course of care. Whether or not to hold a medication, what the most pivotal assessments would be, and how to really try and practice time management.</p>	<p>Step 6 Action Plan</p> <p>I have anxiety due to performance under pressure evidenced by me running around like a chicken with its head cut off and forgetting all the things. Evidence based practice shows that guided imagery and meditation can help relieve the manifestations of anxiety, so I am going to pray to sweet baby Jesus to help me next time. I will teach myself to listen to calming music and upon D/C from the module I will consult with my instructors for further guidance. (pls don't fail me for this lol)</p> <p>I know that I am going to have to do CPE every module, so I am going to try really hard to overcome my anxiety so that I can show that I have the capability to be a competent nurse when I graduate.</p>