

Preparing for CPE I knew I wanted to make sure I did not forget anything vital to my patients care so I practiced over and over on my husband and my daughter who were gracious enough to let me use them as my patient's, time and time again. I tend to get very nervous and go blank when I am performing in front of the instructors, and I needed my actions to be second nature. After getting the patients main information of Urosepsis I knew neuro and abdominal would-be good assessments to do since urosepsis is a bacterial infection of the blood and can lead to septic shock. It can cause abdominal discomfort and changes in LOC. I was glad to know I could utilize the papers given to me to write down all the steps I needed to perform and would be able to look over them as I did my care before committing to being finished in the actual CPE performance. This was a relief and I made sure I fed my RAS that I was going to do great! When I got there, I felt my stomach turn and anxiety rise, but once I was called to the debriefing room to look over the patient chart and decide what medications I needed for my patient based on the labs I began to gain confidence and I took one more look over my papers where I wrote every step out and I imagined the scenario in my mind and took a deep breath and when I was called to start I felt ready and confident. I did my performance and after my assessments I took a minute to check off on my paper with the steps I wrote and felt confident I did all my steps. I walked out to get the medications and when I went out there, I realized I forgot to ask the patient what his pain level was to determine which pain medicine I needed to administer. I had asked all the pain assessment questions except the most important one.... I knew I could just go right back in the room and ask the patient the pain rate and that was a sigh of relief. Before administering the pain meds, I looked over my steps on my paper because I knew this was a crucial step and I did not want to get flustered and forget to compare my meds to the EMAR or forget to ask allergies or scan one, so I wanted to make sure I followed everything to the T. After performing the meds, I knew the rest was going to be a breeze. I finished up with my red rules and 6 P's and hand hygiene and again looked over my paper to check off everything and then stated I was done. Although I was confident I did well, I could not help but to feel fear that there was something I did not do that could fail me so the wait out in the hall was a bit anxious but after being called back in and being told I passed, I could have cried in excitement. I would have to say the clinical experiences helped me so much in being confident in my steps and feeling less anxious then in the past when I did not have as much experience. I took my time this time and slowing down and breathing through the nerve-racking experience of CPE really made a difference. I will remember in my future to take my time and even go over my steps before doing a vital task to ensure safety to my patients. I am grateful for these testing experiences.