

## Covenant School of Nursing Reflective Paper

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| <p><b>Step 1 Description</b></p> <p>This morning, I participated in the end-of-module CPE. During this simulation, I played the role of my patient's nurse. As the patient's nurse, I looked over the patient's chart, decided which focused assessments were appropriate, and used critical thinking skills to determine which medications to administer to my patient. Altogether, I was able to provide safe and effective care for the patient and pass my CPE on the first attempt.</p>  | <p><b>Step 4 Analysis</b></p> <p>Upon reviewing the medications that were scheduled for the patient, I realized that the best nursing decision was to not administer all of the medications. The patient was prescribed Lisinopril at 0800. After looking over the chart, I noticed that the patient's blood pressure was 88/58, indicating that it would be dangerous to administer a medication that would further lower his blood pressure. The patient was also prescribed Clopidogrel at 0800. His platelet count was 86,000, which would make it unsafe to administer an anticoagulant. If I were to have overlooked the patient's current condition and administer the medications that were ordered, the patient would have been unsafe and his condition could have worsened quickly. Luckily, I was able to take my time reviewing his vital signs and lab values which resulted in me being able to make the best nursing decision in not administering those medications.</p> |
| <p><b>Step 2 Feelings</b></p> <p>When first arriving at the simulation center, I was very nervous. Every module when CPE comes around, I always become a nervous wreck. One aspect that helped calm my nerves was the fact that I was able to write down anything that I thought would help me during the simulation on a sheet of paper and take it in the room with me. Once I received the patient's chart, I began to calm down and prepare myself to care for my patient. Once my time started, my nerves went away and I became very confident in the skills I was performing. I realized that I have cared for many patients and had the experience needed in order to be successful for the CPE. After my time was up and I had left the room, my nerves came back. I felt that I had completed everything that was required but was still unsure whether my instructors would pass me. Thankfully, I passed and this made me feel very proud of myself. Mrs. McFadden made me feel very confident in my nursing skills by applauding me and telling me that she was very impressed. Her words of encouragement made me feel proud of the job I had done.</p> | <p><b>Step 5 Conclusion</b></p> <p>To make the event better, I could have eased my nerves by assuring myself that I was prepared and had the experience to properly care for my patient. In the end, the critiques I received all revolved around me being nervous. For example, before I left the room to gather the patient's medications, I forgot to hand him the call light. When assessing the patient's pain, I also forgot to ask the patient the location and description of the pain. These are both things that I know are important and must be done, but forgot to do because it felt as if my mind was going 100mph. Next module, I will try my best to not let my nerves affect my performance. I learned today that once my nerves are gone, I perform much better.</p>   |
| <p><b>Step 3 Evaluation</b></p> <p>One good thing about today's event was that despite my nerves, I was able to use my critical thinking skills and provide safe and appropriate care for my patient. One bad thing about today's event was that because of my nerves, when I walked into the patient's room, I completely went blank. Thankfully, I was able to take a couple deep breaths and review the information that I had previously written on the back of my med sheet. Overall, I believe the CPE went smoothly and was not difficult at all. Everything that we have covered this module and the experience I have gained prepared me to be successful during this simulation. Although I was super nervous going into this situation, I knew that as long as I did not overthink and get in my own head, I would meet all of the expectations.</p>   | <p><b>Step 6 Action Plan</b></p> <p>Overall, I believe the simulation went very well. Everyone involved played their role appropriately. This simulation taught me the importance of thinking critically as a nurse. As I mentioned above, without thinking critically, it is very easy for a nurse to worsen their patient's condition very quickly. This simulation also taught me the importance of the universal competencies. Although we do not always see these implemented in a hospital setting, I believe these are the most important when caring for the patient. Safety should always be the nurse's top priority. It is very important that even though I will not have three instructors watching my every move in the hospital, I will put the universal competencies first when caring for my future patients.</p>   |