

<p>Step 1 Description</p> <p>Week 6 of clinicals, I was on South 8, a Urology floor. I was accompanied by my TPCN. She gave me the opportunity to draw blood from my patient. My patient's potassium levels had been on the lower end and it was time to take her potassium labs. This is the second time I have been given the opportunity to draw blood from a patient. Last week in clinicals was the first time I had the chance of doing so.</p>	<p>Step 4 Analysis</p> <p>I am not going to let my second unsuccessful attempt bring me down or define what kind of student nurse I am or the kind of future nurse I will be. I am 100% confident that the day will come when I don't blow the vein and that I am able to draw blood from my patient with no complications. I realize I am not the only or first student who has had trouble drawing blood. I will get more practice and remain being confident.</p>
<p>Step 2 Feelings</p> <p>Since this was going to be my second attempt at drawing blood from a patient, I was excited, but at the same time nervous. The first time I was given the opportunity, I wasn't quite successful. Of course, all these fears start coming to mind and I kept trying to remain confident, but there was still just a tiny part of me that was already thinking that I wasn't going to be successful in obtaining the required blood work from my patient. I did relay to my nurse that just the previous week I wasn't able to do so. She told me, "Hey, practice only makes perfect!", and encouraged me that I could do it. After attempting, I did what I had done the first time. I blew the vein. I felt sad I couldn't get this skill, which is supposed to be simple and easy, down. I don't quite feel defeated, I actually want more practice. I'm determined to get it done correctly 😊</p>	<p>Step 5 Conclusion</p> <p>What I've learned from my second unsuccessful attempt, is my angle of going in with the needle. What is happening, is that I am going in just a little too far which is causing me to not be in the vein itself. This second time, I kept in mind what clinical advisor suggested about dropping my needle a little lower and not entering the vein at such a high angle. This second time around, I did get more blood than the first attempt but then it just stopped flowing into the tube. My nurse tried to adjust it, but it just wouldn't return the blood we needed.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event, is that my patient was such a great sport about it all. She was my primary patient, and I had already created this relationship with her so that definitely made me feel at ease about drawing blood. Even she, my patient, was encouraging and gave me some uplifting words after I couldn't obtain the required blood. The only thing that I can say that was difficult, but not necessarily, was that another student was watching, which just made me a little more nervous, because I really wanted to show that I could do this skill. I did expect that this second time around I would be successful, I was manifesting it lol. But in the end, it just didn't happen. I will be able to "master" this skill. Also, not feel so intimidated or nervous about it by getting in some practice.</p>	<p>Step 6 Action Plan</p> <p>In the future I will be writing another reflection on the success of me being able to draw blood from my patient. The lesson I take away from a second failed attempt is to not get discouraged. I will not allow this to affect my confidence or scare me from attempting again, if given the chance once more in clinicals. As mentioned before, I will practice in which I will gain more confidence to further improve my skills in the future. Failing isn't fun, especially two weeks in a row. What this experience has taught me about myself, is that I am pretty good about keeping my head up after messing up. I don't let it define me or discourage me. I know I am a hard worker, and I do my best every day at clinicals to give my patient the best care I can provide for them. I will continue to do so and next time I will get the blood draw!</p>

