

<p>Step 1 Description</p> <p>The day finally arrived. The day of our CPE exam. This day usually gives me so much anxiety, I don't know why exactly. I think its just the unknown and feeling like you might forget to perform a certain skill. For this CPE, I didn't have as much anxiety as in previous modules. I was more afraid of having two instructors, instead of just one observe me. I felt like there was little room to not make any mistakes. Obviously, I didn't want to have to return in the afternoon to make up something, and what I feared came true. I forget to assess one thing in my neuro assessment which in turn resulted in Unmet.</p>	<p>Step 4 Analysis</p> <p>As mentioned earlier, the one thing that I forgot to assess, to me seemed like a small thing. However, if it had happened in the clinical setting or if I was assessing a patient in real life that did have some sort of neurological deficit, assessment of flexion and extension in the extremities is important. In order to assess their motor function correctly, I would have to know if their strength was weak or strong in their extremities. If they did in fact have weak pulls and pushes, or if the patient was not at all able to perform this, then it would warrant another or bigger issue concerning their health.</p>
<p>Step 2 Feelings</p> <p>I was proud of myself after completing my CPE. All the things I thought to be the hardest, I did correctly. The one thing that I had forgotten, simply slipped my mind and after I was told what I had forgotten to assess, I became mad at myself because I thought how could I forget something simple? Not really simple in the sense of the neuro assessment because in real life, if the patient was able to flex or extend their extremities, it could potentially be a real problem. I was happy though that I was able to critically think about which meds I was giving or holding and set my piggyback correctly. To me, that's what I was more worried about.</p>	<p>Step 5 Conclusion</p> <p>If there was one thing that I could have done differently or better, was to have taken my time just a bit more. As mentioned earlier, towards the end of my CPE I felt like I needed to pick up the pace because I was worried, I had already taken too much time on my neuro assessment. And despite feeling like I had taken up too much time performing my assessment, I was still forgetting that I had not assessed one thing. I did feel like I rushed towards the end and maybe if I had overlooked my notes one more time, I might have caught that I had forgot a step in my neuro assessment.</p>
<p>Step 3 Evaluation</p> <p>Things that went well were my Universal Competencies, med admin, patient safety, and my neuro assessment, despite the one thing I forgot to assess. I had a hiccup when priming my secondary tubing but quickly realized it and verbalized what I had done and what should have occurred, so I didn't get counted against that. I also did well in managing my time. At first, I found myself doing things well and at one point I though I need to speed things up because I thought I was spending too much time on my neuro assessment. When it came time to get my meds ready, I did speed things up a bit and towards the end I did feel like I might have rushed, but it was fine. I had five minutes to spare. I wish I could have remembered that I had forgotten one thing, but I didn't.</p>	<p>Step 6 Action Plan</p> <p>I must admit, I had fun! CPE usually gives me anxiety, but I feel as we move on in the modules and because of the experience we gain at clinicals, we really are prepared for CPE. Even though sometimes I doubt myself, I really do know this stuff and know how to take care of a patient correctly, and safely. I feel that CPE is a good experience cause its basically just extra practice. Yes, all us students get nervous and anxiety, but its more from the unknown of what to expect and over analyzing things. We need to have faith in ourselves and realize we are smarter than we think 😊 I look forward to receiving positive feedback because I can take that with me to the clinical setting and work on things I need further practice in.</p>

