

Covenant School of Nursing Reflective

<p style="text-align: center;"><u>Step 1 Description:</u></p> <p>Today was our CPE final for module 4. Even though this was my third time going through this CPE final, all I kept in my head was “third times the charm”. I was in the last group at 1300 so I decided to get ready today because look good, feel good, and you’ll do good. This second time around has really helped me realize that I need to have more confidence in myself because I can do anything I set my mind to. So, while this repeat was easier for me, it is also bittersweet because I’ll miss all my instructors.</p>	<p style="text-align: center;"><u>Step 4 Analysis:</u></p> <p>The universal competencies, red rules, 4 p’s, assessments and administration are all HUGE in every situation daily and especially during testing. I made sure to pull out my NII’s and put all important information on the back of my sheets to make sure I did my skills safely and always put my patient first. In this setting with limited time, it’s easy to rush from nerves and miss something, so when I’m out nursing, I’m going to make sure I plan out my time and task as best as I can where I’m still time efficient, but also providing my patient with the best care possible</p>
<p style="text-align: center;"><u>Step 2 Feelings:</u></p> <p>As always CPE comes with its own set of nerves, but this time around I kept it at the back of my mind until the day before so I could focus on my other work and not build up unneeded anxiety. Even though I did this the nerves hit me during my prep time, but I was able to calm down and told myself to trust myself and my gut. I went into this CPE more confident in my skills and the knowledge I’ve collected throughout nursing school and ultimately succeeded.</p>	<p style="text-align: center;"><u>Step 5 Conclusion:</u></p> <p>In conclusion, this CPE has gone better and smoother than any of my others. I was able to show my confidence in my skills and provided my instructors a chance to see how I’d be at bedside with a patient. From this I will continue to “feed my RAS” and be confident in myself and everything that I’ve been taught at school so far.</p>
<p style="text-align: center;"><u>Step 3 Evaluation:</u></p> <p>Overall, this CPE went better than I ever thought it could. I was able to complete the full CPE in about 15 minutes which I felt great about, but also freaked me out that I may have missed something important. I focused on stuff I struggled with my last time through and made sure to bold that on my paperwork so it would catch my attention and not miss it. When I walked in for my debrief it was all smiles and I ended up hitting everything I was required to, but still be time efficient and still preformed all my skills safely.</p>	<p style="text-align: center;"><u>Step 6 Action Plan:</u></p> <p>I will continue to put safety at the upmost importance when taking care of my patients. I will get better with my time management to be able to provide the best care to my patients as efficiently as I can. I will make sure that I’m mindful of any sanitary precautions that are needed as well, to my sure I’m doing proper glove changes when they’re needed.</p>

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