

# Covenant School of Nursing Reflective

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p><b>Step 1 Description</b> I drew blood on a patient today for a blood culture and some lab testing before lunch. Blood was required from each arm, so I drew from one, and the other nursing student drew from the other while the nurse watched. The patient stated his veins were difficult and we assured him we were skilled at blood draw. I missed on my first stick but got it on the second. The other nursing student did the same. The patient was funny and kind and did not mind or get upset about the first pokes.</p>	<p><b>Step 4 Analysis</b> I applied what I learned from the phlebotomy lab and simulation center to this scenario. Those classes/situations helped me become confident and learn the skills necessary to find veins and draw blood samples. I think other people's experiences are similar because it is something that cannot be practiced that much. You may practice in simulation but until you have a patient and have to do it with them watching and other nurses/students watching it can be very different.</p>
<p><b>Step 2 Feelings</b> I was feeling excited at the beginning because I like the challenge yet similarity of drawing blood. How it is the same task with different challenges with each patient. I was also a little nervous because it had been awhile since my last blood draw. The most important feeling I had towards the blood draw was excitement to practice my skill. I often feel very nervous but today my excitement was much more prevalent than my nerves.</p>	<p><b>Step 5 Conclusion</b> I could have made the situation better by being more prepared and gathering all of my supplies ahead of time. When I did the second draw I had to get all of the supplies again and asked someone to help me because I forgot to grab one or two things.</p>
<p><b>Step 3 Evaluation</b> It was in between difficult and easy because I knew the skill, but I still missed the first vein. I think my second attempt went well and my mannerisms with the patient helped calm him. I felt good about the outcome because we got enough blood for the testing and it was my first successful in hospital blood draw. I also felt better about it because both myself and the other student tried once before successfully drawing the blood.</p>	<p><b>Step 6 Action Plan</b> Overall this situation was a great experience for blood draws and helped me be more comfortable with them and with talking to patients. I am also a bit of a perfectionist but as a student I need to know that I cannot do everything perfectly the first time, and am not expected to. I think remembering that will help with my anxiety when performing new skills.</p>