

CPE Reflection

<p>Step 1 Description</p> <p>I participated in CPE where I gave medications and did a neurological assessment. I played the role of the nurse and the patient was in the hospital due to urosepsis.</p>	<p>Step 4 Analysis</p> <p>I think all of us nursing students stress out a lot when it comes to CPE because it is such a big part of our grade. We know the information, we know how to do assessments and give medications, yet we still second guess ourselves and make ourselves sick from worrying about failing. There is a lot of pressure in nursing school and failing is something we fear more than anything. Luckily all the module 4 instructors are amazing at calming us down and making us feel like we can get through this and be the best nurses we can be. I think the majority of my classmates feel as if we worried and stressed for nothing because we knew our information and passed on the first try.</p>
<p>Step 2 Feelings</p> <p>I was extremely nervous before starting. I have always been hard on myself and set high expectations for myself, so I was afraid of failing. Once I actually started the scenario my nerves calmed and I felt more comfortable. I learned that I need to be more confident in my abilities and not second guess myself all the time.</p>	<p>Step 5 Conclusion</p> <p>I have learned that confidence is something that will come the more I do different skills. I feel like I have come so far from where I started in September. My confidence is building up and I can't wait to do more IV piggybacks and primaries so I can build up confidence in that area as well. Next time I do CPE in the other modules I won't make myself sick from worrying so much and I will be confident in my abilities.</p>
<p>Step 3 Evaluation</p> <p>I feel like it went well. I gained confidence in myself, the instructors were nice and made me feel less nervous, and I feel like I did a good job. I was terrified that I would fail because I am bad about being under so much stress that I psych myself out. I am slowly becoming more comfortable with myself and I know one day I will be a great nurse if I just believe in my abilities.</p>	<p>Step 6 Action Plan</p> <p>I think CPE is a great learning tool because we have two people watching us and telling us what we did well and what we can do better next time. I feel like it went really well and it makes me reflect on how much I have learned in the last nine months. I will use this experience to better myself by learning how to walk into a room confident and remind myself that I know what I'm doing. I have a lot of social problems and it is hard for me to socialize and be around people, but nursing is something I have wanted to do since I was a child. I may not be the best at talking to people and socializing, but I will be good at taking care of patients and being there for all their needs. I have feared from the beginning that I wouldn't be able to get through this program because of my mental health disorders, but here I am, halfway through and doing pretty well! I love taking care of people, I'm super empathetic, and I always push to do my best no matter what the situation is. I have always been afraid that patients will think I am awkward, shy, and weird, but I have learned through clinicals that patients don't care what your personality type is, all they care about is that they are being taken care of and that you have their best interest in mind. Nursing school has humbled me and also made me believe in myself.</p>

