

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>Step 1 Description</p> <p>This reflection is based on the recent CPE that just occurred on April 24, 2023, at Covenant Simulation Center involving me as a student and two clinical instructors who graded my performance. I played the role of a nurse who in this event was responsible of performing safe measures while giving the simulated patient the required medications.</p>	<p>Step 4 Analysis</p> <p>My previous knowledge was largely applied to this situation as it helped me determine what education I needed to provide proper education to the patient about his medications. It also helped me ensure patient safety. This situation was a sense of determining if I, as a nurse, have enough basic knowledge about organization, safety, and efficiency when providing care for a patient.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I felt anxious as I thought about the need to pass this performance in the first try. The event made me feel a little more comfortable with timing and efficiency with patient care. The words of the instructors made me think that I performed well enough to pass and that made me feel more confident and grateful for the outcome. The confidence I felt is very important as it encourages me to continue to work harder and smarter.</p>	<p>Step 5 Conclusion</p> <p>If only I could find ways to ease my anxiety during CPE, that would be one thing I feel would make the situation better and perhaps do differently next time. Removing my anxiety would also make me more confident of my actions. Which brings me to the point of what I've learned from this event. Confidence and knowledge is important when it comes to performance as it allows proper organization of thoughts and thus efficient timing becomes the outcome.</p>
<p>Step 3 Evaluation</p> <p>The outcome of this event was very good. There isn't much bad about it other than my feelings of anxiety in the beginning. Proper preparation given made this event easier and nothing was difficult. The performance went well as I feel like I was prepared and had enough knowledge to give accurate care to the SIM patient. I did not really set an expectation however my goal was to perform with organization and ease in order to pass, which I have done during this event.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think that I was able to perform to the best of my abilities. Compared to past CPEs or simulated clinicals, I was more organized and efficient. This is a lesson I can apply to anything in my life. Organization is important to keep me sane and less anxious. Efficiency, especially in a nurse's career, must be applied to ensure good timing and that all patients are tended to with the best care possible. That said, this experience is a great training for when I become actually and legally responsible for the life of others.</p>