

COVENANT SCHOOL OF NURSING REFLECTIVE PRACTICE

<p>STEP 1 DESCRIPTION</p> <p>Today I completed my CPE examination. I was instructed to perform skills necessary to my patient's needs. I gave and held medications for my patient based on doctor's orders. I performed medication administration skills.</p>	<p>STEP 4 ANALYSIS</p> <p>In all, I could have corrected my mistake by stopping the infusion, capping the port it was on, and moving it to the port above the brain. Even though I did not do well, I can see that there were chances to correct my mistakes, and explore ways I could have handled it better.</p>
<p>STEP 2 FEELINGS</p> <p>The first time this morning, I was less nervous than I thought. After our discussions Thursday, I felt more stress than what I did prior. I did not feel as prepared as I could be— mentally. I let my anxious mentality mask over the knowledge I knew.</p>	<p>STEP 5 CONCLUSION</p> <p>I could have trusted my gut feeling and knowledge better. I needed to have more confidence in my abilities. I knew what I was doing, I just let the "what if" and anxiety take over my actions. I learned that I do have the knowledge and abilities to successfully complete these skills.</p>
<p>STEP 3 EVALUATION</p> <p>Going through this CPE, I was under more stress than what I would have been in the clinical setting. I let the pressure ultimately get to me and it made me do things I usually never do. I should have trusted my gut that I made a mistake, instead I was trying to remember what my NII said. I got confused and attached my IVPB closest to the patient instead of above the brain.</p>	<p>STEP 6 ACTION PLAN</p> <p>I think this was a great evaluation and practice for our skills under pressure. I can take these experiences and make my skills better, now hopefully I will not make the same mistakes in the future. I will keep all rationals in mind while I perform skills.</p>