

Covenant School of Nursing Reflective Practice

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>Today, I completed 5 shifts with my preceptor in the Pediatric Intensive Care Unit at Covenant Children’s Hospital. With Austin’s help, I have been able to apply the knowledge I have gained over the last two years and apply it in a critical care setting. I have been able to take care of my own patients and am learning how to manage the daily tasks that nurses are responsible for.</p>	<p>Step 4 Analysis</p> <p>Having this experience in the PICU has taught me countless things. One of the biggest lessons I have learned is that there is a drastic difference between providing patient centered care and providing family centered care. In a pediatric setting, families play a crucial role in the outcome and recovery of the child. I’ve noticed that when we care for the parents and siblings and meet their needs, they are stronger and better equipped to support the sick child. I am learning to look beyond the child in the bed to the circumstances of the family and what their needs are as well. Being able to provide support to these families during hard times is one of the most meaningful parts of my job.</p>
<p>Step 2 Feelings</p> <p>Going into my preceptorship I was feeling a little bit anxious. I know that I have the book knowledge required to keep my patients alive, but I felt as though I lacked the practical knowledge of how to structure my day and think critically about my patient’s care. There are certain aspects of nursing that can only be learned on the job and I’m thankful to be able to gain some of that experience while still being a student. Austin has done a wonderful job of making me feel comfortable and confident in my skill level.</p>	<p>Step 5 Conclusion</p> <p>There are a couple of areas that I would like to improve in. First, I would like to have a better routine in my day-to-day tasks. Although they vary from patient to patient, I think having a more structured approach would help me to not forget the little things I tend to miss. I would also like to improve my education skills. I can explain things to the kids pretty well, but when it comes to the parents, I find it to be more challenging. Finally, I would like to work on my assessment skills and improve them more. I find breath sounds to be a little bit difficult right now, so I would like to practice that more.</p>
<p>Step 3 Evaluation</p> <p>So far, I have loved every minute of my preceptorship. Each day holds new challenges and opportunities for learning. Although I am not perfect, I feel as though I am improving, and I believe this will set me up for success in my new role as a PICU nurse. The best part of my job is when I can meet the needs of my patients and their families that extend beyond their immediate physical needs. I love the challenge of taking an undesirable event such as getting an IV placed and making it fun by playing music or telling jokes. Something that I find challenging is keeping track of the small tasks that I need to do and when they need to be done. For example, I will get up to grab vital signs and forget to rotate devices until I sit down to chart. This came as a surprise to me because I’m a very detail-oriented person, but I believe I will get better with time as I find my routine. A small thing that I am proud of myself for is overcoming my fear of giving report. I used to be very anxious about giving report because I was worried I would leave something out or sound like I don’t know what I’m talking about. However, pushing through the anxiety has led to a lot of growth and improvement with this skill.</p>	<p>Step 6 Action Plan</p> <p>Heading into my last 5 shifts, I would like to focus more on improving the skills I discussed above as well as taking even more initiative over the care of my patients. Although I do already take a lot of initiative, I think it would be good to challenge myself to be more independent. Overall, I have a lot to work on and look forward to, and I am so thankful for this experience.</p>