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Midterm Reflection

One of the experiences that has really stood out to me throughout these first few weeks of my capstone was probably doing CPR for the first time ever on a real person. When they first called the code and to initiate the start of CPR, I knew that it was going to be a good experience for me. Of course I was scared out of my mind. Everyone worked together to find a place in the code itself and I made my way over to rotate in for compressions. Watching everyone else doing their jobs seamlessly was intimidating, because I had never been in this situation before. When it was my turn to initiate the compressions, I didn't have time to think so I just did what I knew to do. I felt pretty confident in the quality of my CPR, but I made sure to ask for feedback from my peers on my compressions. This patient had already been a post arrest with ROSC, so when I was doing compressions I couldn't even feel the rib cage. They had pushed 12 of Epi already at this point as well as bicarb. It was pretty well known that the outcome for this patient was going to be poor. I used this opportunity to really improve my skills as well as learn what happens throughout the whole scenario, what others jobs were. I don't feel as if there was anything we could have collectively done to improve the outcome, but we all tried our hardest. We continued through 5 rounds of CPR and then the doctor called it. Since I haven't seen anyone come out of CPR because it was my first time, I don't think it made me as sad as I thought it would. I felt guilty for that, but I had no rapport with this man and we did everything we could to save him. From this situation I have learned the urgency of the situation, what the jobs of each person is,

how to do quality CPR, and how confusing the emotions of the situation are. I would say that it was overall a great learning experience and I will be a little less timid next time a code is called.