

Initially for CPE I felt somewhat nervous. After, I read my NII's, I evaluated what I needed to do and felt really calm and relaxed about what my goals were. Going in to my scenario, I had a pretty systematic approach. My main focus was safety. I just basically thought about the patient's safety the whole time and that made doing the right thing very easy. It took away all of my anxiety about whether or not I was messing up. My scenario was straight forward. I administered medication per orders, did hand hygiene, assessed my patient, and made sure I did it all in a safe manner. For me, that is what it all came down to, safety. It simplified the whole situation. I also learned to not over think the mechanics of each action I take. My hands know what to do. If I start to overthink each time I pull up a med or scan ,then I forget something. Instead, I need to trust I myself and my abilities. I also felt more confident in my patient teachings and medication administration this time, I actually remembered to ask the patient if they wanted to take the medication instead of assuming they do. I made the patient an active participant in their own care and I learned that is such an important part of healthcare. I hope to keep implementing that as I move forward.