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.

Step 1 Description I entered the room first to introduce myself and evaluate my patient. I then went out to the med room and returned to administer my medications. For my two meds, I completed all seven medication rights. I administered the PO medication, but I had forgotten to bring my IVPB tubing. When I realized this in the room, I went back outside to get my tubing. Having to repeat my safety precautions took up a significant amount of my time. I had to return to the room, and by the time I was ready to connect my piggyback, my timer went off. I had to come back since I ran out of time to administer my piggyback medication. On my second attempt, I started at the med room to have my piggyback ready before entering my room. I evaluated my IV site and set up my piggyback medication. Before I left the room, I made sure to remember to document, perform my 4Ps, and wash my hands. With that, I passed my second try.	Step 4 Analysis In this situation, I learned how important it is to be fully prepared and manage my time well. I realized that stress could affect my performance, even when I know what to do. A bigger issue was how pressure can lead to small mistakes, like forgetting supplies. The main problem wasn't my knowledge, but how I reacted to stress. Other students have likely felt the same, though they may have handled it differently. From my view, it felt like such a big mistake, but others might have just seen it as a small delay.
Step 2 Feelings I was quite anxious the entire time. To make sure I didn't overlook any safety precautions, I was slowing down. The fact that I ultimately forgot my tubing nonetheless disappointed me. I made an effort to respond fast and get my tubing, but I was unfortunately still unable to give the IVPB medication because of time constraints. At that moment, I let my nerves get the better of me, and it really affected me. The possibility of making a mistake on something else made me feel even more concerned about having to return. I wanted to go in and save more time, but I also wanted to make sure I didn't miss anything crucial. Since I already knew this stuff and knew there were no tricks, I also wanted to have more confidence.	Step 5 Conclusion I could have made the situation better by preparing all my supplies, especially the IV tubing, and double-checking things before entering the room. I also could have saved time by using the Vocera to ask for her instead of leaving the room myself. I've learned that staying calm under pressure and thinking ahead are just as important as knowing the steps of a procedure. Next time I'll focus on being better prepared and more confident in using the resources available to me.
Step 3 Evaluation The upside was that I gained knowledge on how to use my resources and become better prepared. I was informed that I could have saved time by calling on a Vocera to have some tubing delivered to me instead. I was unaware that this option was available, so I know now what to do in the case that I make a similar error in the future. The fact that I was inefficient with time and forgot my supplies was the bad thing. I think that I went on too slowly, which made me even more anxious to do my thing during the CPE. Apart from that, the patient was not difficult, and no curve balls had been given. It was simple to administer the PO medication. To be more effective, I should have only covered the essentials of my medication teaching instead of being overly detailed.	Step 6 Action Plan Overall, I think this situation was a valuable learning experience that helped me understand the importance of preparation, time management, and staying calm under pressure. I've learned that even when I know the correct steps, nerves can affect my performance if I'm not fully prepared. This experience taught me to stay focused and think ahead, which I can apply to clinical situations. It showed me that professional practice isn't just about knowledge but also about how I manage stress, use support systems, and stay organized. Going forward, I'll prepare more carefully, stay confident in my abilities, and use what I've learned to continue growing to be a nurse.

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