Venipuncture lab reflection

Student : Ulrica Sun

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1. Describe the venipuncture procedure you performed or observed. Include the main steps involved and the purpose of the procedure.

During the venipuncture lab, I first practiced the procedure on a simulation (fake) arm to become familiar with the equipment and correct technique before performing it on a person. I began by performing hand hygiene, gathering all the necessary supplies, and ensuring that the equipment was prepared correctly. I identified the appropriate vein on the simulation arm, applied the tourniquet, and cleansed the puncture site with an alcohol swab using proper aseptic technique. After allowing the site to dry, I stabilized the vein and inserted the IV catheter at the correct angle until I observed flashback, indicating that the vein had been successfully accessed. I then advanced the catheter into the vein while withdrawing the needle, released the tourniquet, and secured the IV catheter with transparent dressing and tape to prevent movement.

After completing the IV insertion, I also practiced the correct IV removal procedure. I carefully removed the dressing and tape while supporting the catheter to avoid unnecessary movement. I then gently withdrew the IV catheter, immediately applied pressure to the insertion site using sterile gauze to prevent bleeding, inspected the catheter to ensure it was intact, and covered the site with a clean adhesive dressing. Finally, I disposed of the catheter and sharps safely in the appropriate sharps container and completed the procedure following proper infection control practices.

2. What aspects of the venipuncture lab did you perform well? Discuss specific skills, techniques, or safety practices that you demonstrated successfully.

I performed well in maintaining proper infection control and patient safety throughout the procedure. I consistently practiced hand hygiene, wore appropriate personal protective equipment, and followed the correct sequence of steps. I communicated clearly with my partner, explained the procedure before beginning, and remained calm and professional. I was also able to identify an appropriate vein and safely handle the equipment while maintaining aseptic technique.

3. What challenges or difficulties did you encounter during the lab? Explain how you addressed these challenges or what you learned from them.

The most challenging part of the lab was feeling confident with needle insertion and maintaining a steady hand. I was initially nervous about missing the vein or causing discomfort. I overcame this challenge by listening carefully to my instructor's feedback, practicing proper positioning, and taking my time instead of rushing. This experience taught me that confidence and skill improve with practice and attention to detail.

4. How did the lab reinforce the importance of patient safety and infection control? Consider hand hygiene, proper equipment use, patient identification, and specimen handling.

The lab emphasized that patient safety is the highest priority. Proper hand hygiene, correct patient identification, appropriate use of personal protective equipment, safe handling and disposal of needles, and accurate specimen labeling are all essential steps. Following these procedures helps prevent infection, protects both patients and healthcare workers, and reduces the risk of specimen errors.

5. What are your goals for improving your venipuncture skills in future practice? Identify specific areas for growth and explain how you plan to achieve improvement.

My goal is to become more confident and efficient while maintaining patient safety and comfort. I would like to improve my vein assessment skills, needle insertion technique, and overall confidence when performing venipuncture. I plan to achieve this by practicing regularly during labs and clinical placements, seeking feedback from instructors and experienced healthcare professionals, and continuing to review proper venipuncture techniques and safety guidelines. With continued practice, I believe I will become a more competent and confident practitioner.


THANK YOU