

## Covenant School of Nursing Reflective

*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><b>Step 1 Description</b></p> <p>The call light went off in one of the rooms close by, and this patient did not belong to my nurse. My nurse was showing me how to chart and no one was around, so I answered the phone to see what the patient needed. All she wanted to do was get up and go to the bathroom, so my nurse and I went in the room to help this woman. Her daughter was in the room, so my nurse asked the daughter if her mom was able to walk to the bathroom and the daughter said, "Yes, but she has not walked since she was admitted to the floor" My nurse and I strapped the gait belt around the patient and helped her walk to the bathroom. Then once the patient finished, we got her up and walked her to the sink to complete oral care. After she finished oral care, she was not ready to sit back in bed, since this was the first time she had walked in a while. So, I asked the patient if she wanted to walk around the room for a little bit with my assistance before we got in bed. Both the patient and the daughter were very happy that she was able to walk and accomplish that much with assistance.</p>	<p><b>Step 4 Analysis</b></p> <p>In previous modules and all throughout school we learn to promote patient independence as much as possible. The patients are not happy that they are in the hospital and even more so if we just do everything for them. This can lead to them feeling powerlessness and upset. Rather than telling the patient lets just use the bedside commode we worked together to walk her to the bathroom. My nurse's emotions resembled mine. I told her how happy it made me be able to make that patient smile.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was nervous because I was worried the patient would not be able to walk on her own. At the time I was very excited to help this patient walk to the bathroom. The outcome of the event made me feel very good inside knowing that both the mom and daughter were happy that the patient was able to accomplish these ADLs. The words of the patient and the daughter made me feel very happy. They were very appreciative of my help!</p>	<p><b>Step 5 Conclusion</b></p> <p>I have learned from this event to come in a situation with an open mind. I had no reason to be nervous, all we were doing was getting her up to go to the bathroom. I am just glad I did not allow my emotions to show for the patient to see. I should feel confident, so my patient knows they are in good hands. This event made me feel even more sure that this is the career I want to have someday.</p>
<p><b>Step 3 Evaluation</b></p> <p>One good thing about the event was that the patient was able to walk with assistance and accomplished more than what we were originally called in for. Something that was easy about the event was that the patient helped as much as she could. I was not caring dead weight at all. She did a really good job with completing everything! There was not anything difficult about the event. In my opinion it went smoothly!</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a positive situation. No one got hurt and the outcomes were great. With hindsight, next time I would just approach the situation with a little more confidence when I first enter the room. This situation has taught me to be confident in my abilities. I know I can do this, but I always get in my head and work myself up.</p>