

Reflective Paper 10/21/2020- SICU East 4

Today in the SICU, I had a patient who had recently been admitted and intubated due to fluid overload. This patient was getting dialysis to get fluid off because this patient had taken some drugs that damaged her kidneys which did not allow fluids to be filtered through. When she was getting dialysis, she went to the bathroom and never came back. They found her in the bathroom and think that she shot up in there. From there, they moved her to SICU and had to intubate her because she was not keeping her oxygen saturation like she should. They pulled a total of 10 liters off of her in dialysis. When I got there this morning, she was very sedated and still intubated. The doctors were trying to make a plan to start weaning her off of both her sedation medications and off of the ventilator which made me very nervous because I had never been a real intubated patient. As the day started my nurse started explaining the reason for some of the things my patient had, and it started making more sense. My patient had an arterial line which was exciting to see because I had never seen one on a real patient. She also had a NG tube which was also new to me because I've never had a patient with one. Since she was sedated and, on a ventilator, I had the opportunity of giving my patient her medications through the NG tube. When they started weaning her off, my patient began to wake up a little agitated, so it made me realize that these patients need a lot of reassurance. Every time she woke up and was agitated, she made the ventilator alarm go off so all we had to do was go in there and tell her that they were working on getting the tube out and for her to try to relax. This made me feel like I was doing something very beneficial for my patient because they need to be aware of what is going on regardless of their situation. Since there wasn't a lot to do for my patient, I made sure to talk to her mother so she could have some emotional support. Whenever the first doctor showed up to wean her off of the ventilator, we kind of expected her to be extubated the same day because she had been doing so well but then when the settings were changed, she started declining a little. This made the physicians agree that she wasn't ready to complete come off of the ventilator. From this clinical day, I learned how important it is to let your patient and family know that you are there for them. They might feel that no one is there for them, but in reality, there is a team of caregivers trying to give them the best possible outcome. I will be able to apply this information in my nursing career wherever I work because that is one of the many jobs of a nurse.