



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description I did my clinicals in the surgical intensive care unit. My patient was intubated and both of his wrists were restrained to prevent accidental extubation. Due to these factors, the patient's ability to communicate was hindered since he could not speak nor could he point to things. My nurse was very busy and did not really have enough time to sit with the patient to figure out what he was trying to say. She did, however, reassure him that he would get his tube removed sooner in the day, and told him that the restraint was there for safety. I tried to figure out other ways to communicate with the patient. I provided oral care to the patient, I would allow him to take control of the situation by asking him simple questions. For example, when suctioning, I would ask things like “Did I get everything?” “Are you comfortable?”. And the patient responded by nodding. Later in the day the patient got his ET tube removed. He had a very hoarse voice and sore throat. Despite how hoarse his voice was, how sore this throat was, and everything he was going through, the patient put in a lot of effort to tell me “thank you”.</p>	<p>Step 4 Analysis This situation is a great example of providing patient-centered care. It is the nurse's duty to provide care based on the patient's needs, values, cultural preferences and religious beliefs. In this situation, the healthcare providers needed to adapt to meet the patient's communication needs and to help validate the patient's concerns/feelings. Validating the patient's feelings or even taking the time to figure out their concerns directly impacts the patient in a psychiatric aspect. This also plays a role in the whether or not the patient will be able to trust the healthcare team.</p>
<p>Step 2 Feelings For some reason, I was really able to empathize with the patient. I was able to put myself in his situation- intubated, unable to speak, and wrists tied down to the bed. I told myself, “if I were unable to communicate, I would be frustrated too”. In addition, I was very understanding of my nurse's situation. Although she was very busy, she still provided the patient with some peace by educating him. When the patient thanked me, it took me by surprise because I did not expect him to be speaking. I felt really appreciated. I felt like I was able to positively impact someone's day.</p>	<p>Step 5 Conclusion If there was one area that could use improvement, I would say that the nurse could have tried to investigate the patient's concerns/what the patient needed. Otherwise, I believe that the nurse handled the situation well, provided education, and was still able to give the patient some comfort and peace of mind. The nurse did an amazing at everything else!</p>

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<p>Step 3 Evaluation</p> <p>Good things: My nurse informing and educating the patient; My way of communicating with the patient, which helped validate the patient's feelings</p> <p>Bad things: The nurse not trying to find other ways to communicate with the patient (even though she did an amazing job at everything else!!)</p> <p>Difficult things: Watching the patient become frustrated/express feelings of defeat when he was not able to communicate</p> <p>Things that went well: Good communication with the patient; The patient appreciating my actions</p> <p>Expectations: As a healthcare provider and nursing student, I expected myself to provide the best patient care. Something that I did not expect was the patient going out of his way to express his gratitude, especially since he was not fully recovered yet. Regardless, I feel like his appreciation was what made the encounter much more meaningful to me.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this situation helped remind me that a little compassion goes a long way. In my future nursing career, I will continue to be compassionate towards my patients.</p>
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