

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>Step 1 Description Two of my fellow classmates were talking about giving a patient with restraints a bed bath near a nurses station. My classmates seemed hesitant about giving the patient a bed bath since they had never done it before on a patient with restraints. I said I would help them if they wanted me to and they agreed. We teamed up and agreed we would figure it out. We decided to ask one of the nurses exactly how to change the patient's gown and how to properly clean the patient with the restraints. The nurse told us to only take one restraint off at a time so there would always be something attaching the patient to the bed. We also asked why the patient was in restraints and it ended up being because the patient was confused and was pulling out the IVs. We got sheets, a new gown, warm wipes, and headed into the patient's room. We began the bed bath and we all helped by wiping the patient down, helping turn the patient, and making it quick but thorough. The patient ended up being compliant and thankful that we cleaned him up, even though he seemed confused at times. The patient never tried to pull out any of his IVs with the hand that was free of the restraint each time.</p>	<p>Step 4 Analysis I applied my previous knowledge of giving bed baths to this situation. We bathed the patient how we would bath any other patient. The only difference was learning about what to do with his wrists in the restraints. I don't think any of my other classmates have given a patient with restraints a bed bath before so their experiences had been different than this event. I think my classmates perspective of being hesitant about giving the patient a bed bath impacted me by making me feel the same way. I think a broader issue that arises from this event is people making opinions about a patient in restraints before ever meeting them. I made the assumption that the patient was hitting staff formerly and I shouldn't have made that opinion.</p>
<p>Step 2 Feelings At the beginning when I only knew the patient had restraints and didn't know the reason, I was a little bit nervous. I knew it would be fine since I had my two classmates with me but I was thinking the patient was in restraints because of possibly hitting. When the nurse told us it was because the patient was confused and pulling out IVs, it made me feel better. Once we started with the bed bath I immediately felt comfortable because the patient was compliant. I felt great about the final outcome because even though the patient was confused, he still thanked us a couple times as we were wrapping up. I think the most important feeling for me was in the end when the patient was happy, it also made me happy. I think this is the most important feeling because I knew I ended up helping him and making the patient feel better.</p>	<p>Step 5 Conclusion My classmates and I talked to one of our clinical instructors after we gave the bath and told the instructor how it went. Our instructor had advised us that instead of taking the restraints completely off one at a time, we could have loosened the strings. If the patient ended up being confused and had started to pull out an IV again, our instructor told us it would have been easier for us to pull the string down rather than trying to get the patient's wrist fully back into the restraint. I think if we had done that then it would have made the situation better and safer for the patient. It would have been more of a guarantee that the patient wouldn't get the chance to pull out any IVs since the patient easily could have. I thought that was a valuable lesson I learned from this event. I don't think my classmates could have done anything differently to make the situation better. I think with the situation we were given and what we knew at the time, we all did our best. Before we went into the room we were talking to the nurse. She told us that we should tell the patient we are giving him a bath instead of asking since the patient was confused and ultimately it was for his own good and care.</p>
<p>Step 3 Evaluation I think the steps my classmates and I took throughout the whole process was good, as well as the conclusion of the event. I don't think there was anything bad about the event. Communicating with my classmates before we went into the patient room and while we were in the patients giving him a bath was easy. We all communicated what we were thinking. I think the most difficult thing was having courage about what was going to happen when we started bathing the patient. My classmates and I hadn't been with this patient at all throughout the clinical day so we weren't sure what to expect. I thought I bathed the patient well, communicated with my classmates and the patient well. My classmates also communicated with me well and they did their parts in the bath well too. I didn't expect a different outcome because I didn't have an expectation of what it would be and didn't know how the patient would act. I contributed by helping my classmates gather supplies before going into the patient's room, bathing the patient, and trying to communicate with the patient.</p>	<p>Step 6 Action Plan I think the overall situation was a really good learning experience and I'm glad I offered my help to my classmates. The conclusion I made about not taking the restraints off and just loosening the string is justified since it's safer for the patient. If I had to do things differently I wouldn't make an opinion about why I think the patient is in restraints. Assuming that the patient was hitting made me a little bit nervous when I didn't need to be. In the end the patient was thankful and was very compliant. I can use this lesson in the future to remind myself to not make opinions when I know nothing about the patient. I can apply the advice one of my clinical instructors gave me about loosening the restraints if I encounter similar events in the future which will further my practice. The situation and knowledge I obtained from others and one of my instructors about this event has taught me about professional practice and some things that I should change if I encounter a similar situation.</p>