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<p>Step 1 Description</p> <p>On my second day of clinical for module 4, I went into one of the patient's room with the nurse I had been assigned, she had introduced me to the patient and his wife only by mentioning my name and that I was going to be helping for the day. Later I came back to the room to do my "daily physical assessment" on the patient. The patient was awake, conscious, and friendly. The assessment was going smoothly but the patient got a phone call. In the meantime, I continued with the assessment but suddenly the patient's wife starts asking me why her husband should be taking Lisinopril and how she would prefer that he does not take it because when she was younger, she had a really bad reaction to the medication. She asked why he was not on the same hypertensive medication he was on at home. I told her that I would check with the nurse, finished what I was doing and left the room.</p>	<p>Step 4 Analysis</p> <p>From my previous classes I remember that teaching creates a positive attitude between patients, their family, and the nurse. The process of teaching will also become easier as I gain more knowledge. As you teach your patient in an informal, unstructured manner, you create a positive therapeutic relationship between the patient and the nurse (Potter & Perry, 2013). Also, the patient and his wife did the correct thing by asking about the medication. According to TJC's Speak Up Initiatives (TJC, 2010), patients should know what medicines they are taking. Medication errors are a big problem in hospitals. Situations like this make the nurse more aware of what they are giving. The patient was just curious about the medication, but it triggered a huge sense of knowledge deficit in me, not necessarily about the medication itself but about what should my response be. The way in which the nurse saw it as just a simple question made me feel better about my fear.</p>
<p>Step 2 Feelings</p> <p>I was feeling very confident as I walked into the patient's room because the patient was very friendly. However, as the wife started to ask me about the medication, I started getting nervous. I started to question myself and wonder if I should know the answers for all of these questions. I felt how in a matter of minutes, a few questions had flipped my sense of confidence into nervousness. As I walked out I felt disappointed that I had not been more useful to the patient's wife and I felt disappointed in myself. This sense of nervousness was important to me because it could play a role in how I perform the rest of the tasks I am doing by breaking my concentration. As I walked out of the patient's room I went and inform the nurse about what happened. She calmly said that it was ok and that she would talk to the wife later. Later as we started to give medications the nurse talked to both the patient and the wife very calmly, simply told them that the physician probably felt it was a good idea to put him on this medication for now. She explained the benefits, and what signs of side effects to watch out for. Both, the patient and wife said okay.</p>	<p>Step 5 Conclusion</p> <p>I think that since I am a student, I would still forwarded the question to the nurse but although I did not panic and showed signs of stress, internally I should have stayed more calm. Maybe if the nurse introduced me as a student from them beginning, the patient's wife would have directed the questions directly to the nurse. However, being in that situation has helped me understand that question will arise all the time and that we will not always have the answers for them but staying calm, paying attention and being honest help the situation.</p>
<p>Step 3 Evaluation</p> <p>I feel that a positive thing about this was that it made me realize how one question could change the way you feel and how it is important to stay calm. It was bad that I let one question changed the way I was feeling from when I walked into the room. I think that even though I did not know the answer to her questions, I did the best thing possible and said that I would mention it to someone who did rather than making up stuff that was incorrect. I honestly felt that the patient or his wife would push more about not taking the medication but I believe that the fact I did not lie and pretended to know, plus the nurse acknowledging their concerns and answering the questions gave them a sense of trust and calmness.</p>	<p>Step 6 Action Plan</p> <p>I am glad it actually happened because now I know a little better what to do next time. I think I can conclude that I tend to let small situations question my abilities and change my mind status quickly. The fact that I was confident at the beginning, but one question made me nervous is evidence of that and I have to control it. In the future I will not let situations like this make me so nervous because it could lead me to make errors. Instead I can focus on the task at hand and solve the other problem separately.</p>