

Covenant School of Nursing Reflective

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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>During one of my clinicals I was able to experience a situation that was very close to turning into a code blue. It happened at the very beginning of my shift. When I first got there I was told that we were going to give my patient a bed bath. At first, I didn't think anything of it however, this was before I saw my patient and what kind of condition he was in. I have never thought of bed baths as a hard task but, this was different than any other one I had done. My patient had been a quadriplegic for 13 years and this lead him to have multiple different sores throughout his body and on top of his previous health issues, he was now on a ventilator. So, once I quickly was able to assess his condition I realized why a bed bath was going to be a longer than normal process due to his condition and also having to do wound care all at once. The people involved in his care at the time of the incident was the RN, an RN in training, a CNA, and myself. My role during a bed bath usually consists of being able to do all of it. It is not a hard task but, this time I helped in holding the patient when turning to let the RN assess the bedsores and also applying lotion to certain spots on his legs. All four of us performed really great teamwork to make it a successful task. Unfortunately, the result post bed bath was not what we were expecting.</p>	<p>I can apply a lot of knowledge that I have learned from Module 7 to this situation. We have learned all about what happens when a patient becomes non-responsive or what medication needs to be given during a time like this. I was able to apply why certain meds were given, why certain settings on the ventilator changed, and certain outcomes that might have taken place. Some evidence from the literature consists of why they were giving Levophed to the patient. His heart rate became dangerously low therefore, Levophed managed to increase it greatly. Some issues that could arise from this event are not documenting the correct stuff or not following up with certain interventions. Documentation is always such an important step in everything that is done. If the nurses and everyone involved did not document step by step and everything that was done then there could be many legal issues that could arise. Also, not following up with certain interventions such as decreasing the Levophed or decreasing the FiO2 many things could go wrong. That is why as a nurse it is very important to always be on your toes and realizing that your work is never done. It was a very eye-opening experience to see how everyone handled it from different perspectives. There were so many different perspectives that I was able to encounter so the impact they all had on me as a student will stick with me forever.</p>
<p>At the beginning of the day, I was feeling great. When this incident happened the day had barely started for me. However, everyone else that was involved had been there all morning and the day before, so they already knew a lot about my patient and what to expect. After giving the patient a bed bath, turning him, and performing wound care we as a group could tell he was becoming very agitated. This is when his vital signs began to decrease at a fast pace. At first, I was in a lot of shock. Everyone else in the room stayed super calm and started performing interventions they thought would help. As a student nurse, I have seen a code blue before but, I have never been involved in one much less see one happen right before my eyes. I had full confidence in the team members, but I was still very unsure of what was about to happen. Thoughts such as, "what role would I play, what roles are the others going to play, and are the current interventions the nurses are doing good enough, so the patient doesn't go into code blue?" I was very sad and nervous at the same time. My patient's family member was crying and it was such a sad situation to experience considering the patient was so young. The most important emotion I had throughout the whole experience was if something were to happen would I be prepared. This is by far the most important feeling because at the end of the day the health of my patient is all that matters.</p>	<p>I don't think there is much I could have done to make this situation better. Everyone was so prepared and knowledgeable it was amazing to watch. It was a learning experience that I will remember forever. I have learned about this type of scenario in class, in SIM, but at the end of the day, there is no better learning experience than when it is hands-on. What I take most from this situation is how fast a patient's condition can change. Whenever there is an emergency you as a nurse can expect something to go wrong however, when it is something such as a simple bed bath you never would expect something like this to happen. I learned how important it is to always be on your toes and always be as knowledgeable as possible so as the nurse you are never put in a situation you can't perform your best.</p>

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There were many good things about the event. Everyone was overly prepared. As soon as the patient's vital signs started declining everyone knew exactly what their role was going to be. What also went very well was having multiple hands around. As soon as things didn't go as planned multiple different members from the floor immediately showed up and were there to help if something went wrong. I truly believe nothing went bad. There was no miscommunication throughout the whole situation. Even though there was nothing bad that went on I would not say it was easy. It was a very stressful situation that could have turned bad quickly. At any moment a wrong move could have been made that would of put the patients life at risk. There was not much that I participated in at the beginning. Since it was the beginning of my shift and the patient's condition declined from a simple thing such as a bed bath the other members had not filled me in on everything just yet. However, I did not expect a different outcome. It was such an amazing learning opportunity to see everyone work together so quickly in such a tense environment. However, I did contribute by comforting the family member and making sure I had towels, syringes, and anything they might need if it was possible for me to retrieve.

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Overall I am very glad I was put in this situation. I was not able to contribute and help as much as I would have liked but now I am fully confident that in the future I will be able to contribute and be successful. Next time I will try and be more vocal and contribute to the situation in a way that I may be needed. I may never get to be part of a scenario like this as a student therefore, in the future I believe I will be fully prepared and hope I can handle a situation like this in the future just like everyone else did during the event yesterday. I will use this experience to widen my mindset on a lot of things. It makes me want to be fully prepared for any situation that I may encounter whether it be something simple or something very traumatic. At the end of the day, every event in the healthcare field is a lesson learned but it is up to you as the nurse to determine if you are willing to learn from it to make you a stronger nurse day after day.

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