

Covenant School of Nursing Reflective Practice

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 After breakfast was given out to the patients around 0830, I was walking to one of my patient's room to help my TPCN administer medication. As I was walking towards the room, I had notice one of the other patient's room that they had accidentally knocked over their breakfast on the floor. As I was approaching the room, I also notice the Nursing Assistant had already been helping the patient. Also, the patient appeared confused and unoriented, and he was not in a comfortable position in the bed, which could explain why they had knocked over their breakfast. I continued walking to my patients' room so we can administer their medication and after we administered the medication my TPCN, and I notice the other patient's breakfast was still on the floor and he had not been positioned correctly to where they are comfortable. The nurse and I made sure their room were clean with no clutter on the floor and repositioned the patient in a comfortable way and gave him new blankets and sheets. I had notice they started to look more comfortable and able to rest at that point.</p>	<p>Step 4 Analysis Confused and unoriented patient tend to be more aggressive towards staff and or family member because they are usually scared or don't know what is going on. By better helping and teaching the patient of their surroundings and what is happening around them, will better help with their anxiety. Also slowly helping the patients to their needs will decrease their level anxiety.</p>
<p>Step 2 Feelings At the time of the incident, I had felt confident that the nursing assistant was taking care of the patient by removing the clutter from the floor and able to reposition the patient in a more comfortable way. I felt terrible for the patient because they were not able to accomplish things on their own because they were confused and weak. What had happen made me feel like we could have done much more to help the patient eat their breakfast and helping them able to calm down.</p>	<p>Step 5 Conclusion What I would have done differently in this situation is I should have asked the nursing assistant if they needed any help with the patient in case they were at full hand. What I have learned about from this situation is that in the medical field do not assume what is happening in the situation, you must ask in order to find out what is going on.</p>
<p>Step 3 Evaluation What went well about this situation is being able to notice a sign of comfort with the patient after the nurse and I had repositioned him and changed his bed sheets and blankets. We had also communicated with the patient that he is in the hospital and that he was in good hands. I had also made sure that his call light was in reach so if they are needing anything, they are able to call us, I also made sure his room was clutter free and their bed is lowered.</p>	<p>Step 6 Action Plan Overall, this situation has taught me to take care of your patient as best as you can possibly and to help them when they need because when they are in the hospital they become really ill to where they are unable to care for themselves. Also having clutter on the floor poses a safety risk for the patient, family, and staff by putting them on high risk of injury related to fall.</p>