

Covenant School of Nursing Reflective

<p>Step 1 Description</p> <p>After checking my patient's incision and drain and everything looking normal, my partner and I went to the medication room to draw up her meds. When we returned, our patient was complaining of dizziness and her granddaughter said her face all of a sudden got pale. We checked her incision site again, and found that her dressing was covered in blood, so my partner called the doctor, and we got the patient's vital signs again. Our patient's blood pressure was very low when we checked the vitals for a second time.</p>	<p>Step 4 Analysis</p> <p>I can apply this simulation experience to so many things in nursing. It helped me further my critical thinking skills whether it be in another simulation situation, clinical, or even test taking skills since our tests require critical thinking. The impact of different perspectives was very helpful, because we all thought different things, and it helped discussing what everyone else thought because of the different ideas brought up that could help our patient. The other group that went had a smoother situation in my opinion, but it was nice to see the two different situations, because you never know what you will get in a real-life clinical experience.</p>
<p>Step 2 Feelings</p> <p>While trying to stay calm, I got a little panicked on the inside when my partner and I couldn't figure out the root cause of our patient's dizziness, paleness, and low blood pressure. We thought it was due to the anesthesia from the surgery and couldn't think of anything else. Since I haven't been in a situation like that before, I was a little flustered, but tried to remain calm because I know being flustered does not help the situation. I felt a little defeated because my partner and I weren't able to find out the root cause on our own, we ended up needing help, but I also felt thankful for that final outcome, because it helped my knowledge grow even more.</p>	<p>Step 5 Conclusion</p> <p>I could've made the situation better if I would've just relaxed and thought about what could be causing the patient's symptoms. I was panicked on the inside, and it didn't help my critical thinking. Others could've made the situation better by doing the same as what I should've done, just calmed down and really dug into our brain. I feel like both my partner and I just didn't know exactly what to do because of never being in that situation, but I learned to just use my critical thinking and to stay calm through this event.</p>
<p>Step 3 Evaluation</p> <p>This event was a great learning experience, because I have never been in a situation like that, and now I know what I need to work on in improving my nursing judgement skills in critical situations like we had. During debriefing we were explained on what we could've done better, and it really helped me. It was an easy decision to call the physician when we saw a bloody dressing, it was just difficult for us to figure out the root cause of our patient's symptoms. My partner did great talking on the phone with the doctor, and I feel like we both worked really well as a team. I expected an easier outcome with our patient just because our patient's chart made it look like an easy one, but I am thankful it wasn't easy, because I learned so much.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel like this simulation was a very good learning experience, especially for me. Usually when I go to simulation it's pretty straight forward with "perfect" patients, and I found out today that it's not always like that in the simulation center. After going through that situation, I feel like I will not be so shocked or surprised if anything like this were to happen to me whether it be in sim or in clinicals. When I am in a situation like this again, I will definitely do it differently by being able to use my critical thinking skills that have grown over this one situation. I can and will apply this situation to my actual clinical experiences. This has taught me that not everything goes right in professional situations, but it has also taught me how to handle if it doesn't go right. I am thankful for this simulation, because I will use the experience to improve my practice in the future in clinicals when I have to critically think.</p>

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.