

Covenant School of Nursing Reflective

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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</p> <p>A patient was told that she was going to be discharged after 3 weeks of staying at the hospital. The patient's brother offered the patient a place to stay along with 24/7 care. Due to this reason the patient was able to go home. However, after some time it was later noted that the patient couldn't go home due to the brother changing his mind about taking the patient in due to an argument that he had with his wife. The patient has bipolar disorder and severe depression, so the conflict was seeing how the patient was going to react to the news after being told. Our situation was going to be figuring out how to tell and council patient after delivering the news.</p>	<p>Step 4 Analysis</p> <p>When it comes to this situation, being a caring individual was very necessary to fix this situation. In the nursing field, being compassionate tends to be hard for nurses. The multiple tasks assigned to each nurse makes them very forgetful about how important emotional support is when it comes to taking care of a patient. Experiencing this situation made me understand the whole concept behind being a nurse. Although we have tasks to complete, we must also have the ability to acknowledge our patient's feelings in order to know the ongoing care plan for our patients.</p>
<p>Step 2 Feelings</p> <p>After hearing the news about the brother's refusal to take the patient home, I was honestly very sympathetic to how the patient was going to feel about the news. The excitement of the patient about being discharged was very happy news for everybody, but now knowing the true circumstance, its hard but to feel sad for the patient especially with the physiological disorders the patient has. With how everything played out, determination built inside of me to make the patient feel wanted and supported. Just thinking about being in the same circumstance as the patient really puts things into perspective about the type of consoling the patient needs.</p>	<p>Step 5 Conclusion</p> <p>With how everything went with this situation, I honestly thought the situation played out perfectly. All nurses who cared for the patient previously were involved alongside with my nurse. All provided support and consoling to the patient to ensure the patient felt wanted and supported. I myself was proud at the fact that I was able to make the patient laugh during such a hard time of receiving very harsh news. Although the patient wasn't being discharged the next day, it was important to tell her that being discharged was going to happen one day.</p>
<p>Step 3 Evaluation</p> <p>This situation was difficult for me to handle in such a way that it took an emotional toll from me. Seeing the neglect that the patient was taking was very difficult to watch and understand. Although this experience was hard, it was also beneficial to understand that not everything plays perfectly in a hospital setting. Although we take care of patients physically, it's also our job to provide emotional support especially at their most vulnerable time. After breaking the news, the patient was very hurt but after hearing the support of the staff, she tried to overlook the negativity and focus on the beneficial aspects of staying. Seeing this made me learn different coping mechanisms that I could use in the future one day.</p>	<p>Step 6 Action Plan</p> <p>I plan on taking this experience with me in order to provide better caring aspects into my patient's care. Especially those that are receiving bad or unintended news. I learned how to care for these patients and different ways of consoling in order to build a positive emotional environment. Although providing support may not always help, being determined to emotional stabilize a patient will eventually lead to better care for the patient. Learning how to speak and work with a patient who is having a hard time emotionally really gave me an understanding on the importance of emotional support.</p>