

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.

<p>Step 1 Description I was finishing my physical assessment form for one of my patients during clinical when my nurse came and asked me if I have ever seen a central line be or removed or removed one myself. I said no and quickly followed her into the supply closet to get the required supplies for the removal process. We took the supplies into the patient's room, put gloves on and I started removing the dressing around the central line. Once that was removed my nurse put gloves on and then guided me through removing the two stitches. I prepared a 4x4 gauze pad, got the occlusive dressing ready. I grabbed the 3 lumens, placed the gauze pad on the insertion site, my nurse instructed the patient to take a deep breathe in and out, he repeated this exercise one more time and on the inhalation, I pulled the central line out. I applied slight pressure on the gauze for five minutes, the patient was not bleeding after the I held pressure. I prepared a new gauze 4x4 and placed it on the site and then covered the gauze with an occlusive dressing. We then instructed the patient that the dressing needed to stay in place and remain clean and dry for 24 hours.</p>	<p>Step 4 Analysis When I was in the supply closet gathering what we would need for the removal process I was reflecting back to the skills I learned in module 2. I had only practiced dressing changes and began to run through the steps in my head so that I would feel prepared walking into the patients room. This was the knowledge that I applied to this situation.</p>
<p>Step 2 Feelings I was nervous for the event because I had never seen a central line be removed nor had I removed one myself. When it came to pulling the line out I didn't want to pull way too fast or too slow. I was nervous about cutting the stitches since they were so close to the patient's skin. The whole process happened very fast but I learned from it and my nurse and I completed the job. The most important feeling I had about this situation was as nervous as I was to complete this process, I know my patient was just as nervous. It is always important to consider our patients in these types of situations and to help make them feel as relaxed as possible.</p>	<p>Step 5 Conclusion I could have made this situation better by not being so in my head that I was going to mess up or do something wrong. I had a skilled nurse right next to me that walked me through the steps and guided me during the entire process, shouldn't have thought I was going to mess up. From this situation I learned that even though you may be nervous to perform a skill or procedure on your patient, your patient is probably 10 times more nervous than you are. I learned the importance of educating your patient about the procedure and what was going to take place, and breathing techniques to relax the patient before pulling the central line out. I also learned to shake the nerves and get the job done because after it was over I was so happy I got to have the experience.</p>
<p>Step 3 Evaluation What went well in this situation was that everyone in the patient's room had patience as I was learning about this procedure. My nurse was awesome and instructed me through the steps of cutting the stitches. I know she could tell I was nervous to put the scissors so close to skin and in such a small area but she trusted me and I began to feel comfortable. It was difficult removing the dressing from the patient's skin, I think that was the part that hurt the patient the most. I tried to remove it at a steady pace to get all the corners up, once we got it completely removed the rest of the procedure went very fast. I was proud of myself for staying calm on the outside even though I was semi shaking on the inside.</p>	<p>Step 6 Action Plan This situation was a good learning experience for me, I was grateful for the opportunity and thankful for my nurse who let me help with the process. In hindsight I wouldn't have done anything different, the removal process went well and the patient remained safe and unharmed. In the future I should feel more at ease with this skill. This situation has taught me that I have to start somewhere with performing new skills and that I should not let nerves get in the way of learning. In this specific situation I believe my eagerness to learn shined through the nerves. In my future practice I will remember to allow students to learn from situations like these. I can be the calm nurse that walks them through to process so that they too can have the opportunity to learn.</p>

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