

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><b>Step 1 Description</b></p> <p>On day one of a two day clinical rotation I received report with my nurse about a spanish speaking only patient, so I knew the nurses were having a hard time trying to take care of the patient. At first I was hesitant to take a part in this patient's care, but I soon realized I needed to advocate for them even in a hard situation. As a student nurse I was rounding with my nurse getting all of the information I needed for this specific patient. I was going to help with this patient's ADL's and anything else they needed to be comfortable while staying at the hospital. Throughout the first and second day the patient and I had a good relationship between each other. I cared for the patient as well as I could with my resources.</p>	<p><b>Step 4 Analysis</b></p> <p>I am glad I got to be in this situation because I had no previous times dealing with a patient like this. My nurses were also very helpful in different ways to care for this patient and gave me some great tips, including easy spanish words to remember. This event was very helpful because it helped me see through different perspectives, one being a patient that can't understand what is about to happen to them. This helped me expand my knowledge in many different ways especially with the use of technology.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of the first day I was nervous because I had never done anything like this before. While taking care of this patient I felt like I was just in the way sometimes instead of actually being helpful. The final outcome gave me a sense of confidence because I finally realized how the best way to care for this patient was. I was also happy to establish a relationship with a person who had a different background than me, and this will help me in the future deal with more patients like this.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall this event was an eyeopener to me. It just expanded my knowledge of how to care for patients along these same lines. I now know what to do in a future situation like this. The only thing I could have done better would've been to start communicating effectively earlier on the first day. I went hours trying to talk to this patient in English when I knew they did not understand me. I learned to always change to the patient's needs no matter what, even if it is hard for me to do.</p>

**Step 3 Evaluation**

This event made me step out of my comfort zone and also to think outside of the box. I had to think fast of what to say and do to the patient who had no idea what I was even about to do. At some points I did get stuck and did not know how to communicate with them, but I went through every obstacle to try and give the patient the best care that I could. I am grateful there is such a thing as google translate because that is how we communicated throughout the two days.

**Step 6 Action Plan**

The most important thing I learned in this situation is to try my best to get through the obstacle put in front of me. The patient had multiple different procedures done including removing their gallstones and an ERCP, along with just general things such as medications and ADL's so I had to communicate with them back and forth using technology. This can carry over to my future practice because soon I will be a nurse in the hospital caring for other patients along these same lines. I learned plenty about myself, one being staying motivated even in rough times.