

## 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>Today in clinical I had a patient who had an old incision from a previous surgery reopen, which is known as "Dehiscence". This was very interesting to me as I had just learned about this in school, and had some exposure to it previously. I was with a nurse to assure that I took appropriate action when dealing with the incision. I was able to remove the old/previous packing gauze and dressing, and reapply new ones. This was very interesting to me as I love incisions.</p>	<p><b>Step 4 Analysis</b></p> <p>One thing that I was able to apply was the knowledge of dehiscence and how to go about proceeding with an open incision from school. The fact that I have been introduced to what this was helped me to not freak out when I undid the dressing and saw a wide open wound from a previous surgery. I wouldn't have done anything different, but I know that next time I can perform the procedure confidently.</p>
<p><b>Step 2 Feelings</b></p> <p>At first I was nervous to do this skill as I have never done a packing of an incision previously. However it <del>wasn't</del> went much better than I had anticipated and I wasn't nearly as freaked out as I thought I would have been. Overall, I enjoyed it and look forward to getting to see many more types of incisions/wounds/dehiscences in the future. This was interesting to perform because we are learning about it right now and it is very fascinating to pack previous incisions.</p>	<p><b>Step 5 Conclusion</b></p> <p>The situation went very smoothly and was handled very professionally. I am not sure if the incision was poorly sutured or if expelling force from something like coughing <del>had</del> opened the incision back up. However the patient could have avoided the reopening by possibly holding on to and barring down on a pillow or something like that while physically exerting.</p>
<p><b>Step 3 Evaluation</b></p> <p>This event was fun to me, because some day I think I could see myself in wound care dealing with many situations similar to this and much more intense. This situation was a great example of how to do a packing, I think I had a great teaching from the nurse that I was with and will remember proper techniques in the future.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a great teaching situation about the importance of wound care and the factors that can lead to dehiscence of a surgical incision post-op. This will be a great teaching in the future as I can reflect back on this situation and do my best to avoid and/or treat wounds as I did today. I had a great example.</p>