

<p>Step 1 Description: On Wednesday, my nurse and I had a patient whose bed was not working due to his weight. The bed was supposed to be delivered by 0800, however; it did not get delivered until 1300. Once the new bariatric bed was delivered, we needed help to move him. Many other students and the nurses aid helped us transfer this patient. I helped move the new bed in while my nurse and another student helped move the other bed that had the patient on it. Once we got the new bed positioned and working properly, we were able to get the patient transferred and move the broken bed out of the room.</p>	<p>Step 4 Analysis: This situation allows me to apply my previous knowledge about lifting and proper body mechanics. It also allows me to think more about personal health. This patient was not only having problems with his weight but do to that he was also having major issues with his bladder and fistula. I think majority of us had similar experiences, expect for the impact that it had on me with my age. Since I am around his age it was a little harder on me to see the pain and anxiety that he was experiencing.</p>
<p>Step 2 Feelings: I felt bad at the beginning. It was hard to see a patient that was so young, yet so overweight. I could feel the patient being anxious throughout the entire process. Throughout the transfer and the entire day, it was evident that the patient was very anxious and not happy about his situation. I felt like the final outcome was better for the patient. He was much more comfortable once we got him transferred. This event made me think more about taking care of myself and not allowing myself to ever get to that state.</p>	<p>Step 5 Conclusion: I could have made the situation better by being more willing to be in the room and talk to the patient. I am sure he was a little lonely and people often avoided his room. Others could have also gone into the room more allowing him more company. He had his mom by his side, but I am sure he would have appreciated people close to his age to talk to. This event taught me to be more away of taking care of my personal health. I also learned to be more willing to go into rooms that not everyone wants to go into.</p>
<p>Step 3 Evaluation: It was good to get a new bariatric bed for this patient. He was way more comfortable after the transfer. It was bad to see how to patient was feeling and his anxiety. Throughout the entire day and process, it was difficult to lift, turn, and clean the patient due to his weight. The delegation done by my nurse throughout the transfer was <u>very good</u><u>exceptionally good</u>. I was happy to contribute <u>into</u> the situation, but I do wish there was more we could have done for the patient.</p>	<p>Step 6 Action Plan: I think that overall, the event was handled well by my nurse, myself, and the other students. We all tried to stay as professional as possible throughout the entire event. If I were to have another patient similar to him or him specifically, I would try to be more involved in the psychosocial side not just the medical side of care. In the future I can definitely apply things I learned throughout this event. This experience will help me grow as a nurse psychosocially and medically.</p>