

<p>Step 1 Description</p> <p>During clinical on Thursday, we had a patient with dementia who was very confused and upset. The nurse, another classmate, and I all went into the room to give her scheduled morning medications. We found her sitting up on the side of the bed, yelling at her husband. She was telling him how awful he was and going on and on about him trying to blow her up. The nurse sat beside her and tried talking to her about the problem, but we were never able to figure out exactly what she believed was going on. Her grandson was also present in the room, and he tried to talk to her and calm her down. We left them alone for some time and when we returned the patient was eating breakfast and was happy with her husband again.</p>	<p>Step 4 Analysis</p> <p>This event really opened my eyes to what it's like to deal with difficult situations on a regular basis. As a nurse it won't always be easy to see things, but I will have to learn to deal with them the best way that I can and not let my emotions control me. During times like that, it is important that I am able to be there and comfort the patient and the patient's family. It will be more helpful if I am able to support them while being strong.</p>
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<p>Step 2 Feelings During the time that all of this was going on, I just stood off to the side and watched the nurse and the grandson speak to her. It was very sad to see the reactions of the husband and grandson. The husband never said anything when the patient spoke about him and just stood there and let her go on and on about it. I could tell it wasn't easy for him but he did his best to hold it together. The grandson also was very torn by seeing his grandmother in a way that he didn't recognize, and the tone of his voice revealed his sadness. Although it was heartbreaking to watch, there were also moments of joy. It was warming to see the grandson play such a role in his grandmother's care. He provided her water and instructed her on how to swallow her pills. He was so kind and patient with her, and I could see the true compassion. It was also amazing to see the look on the husband's face when she remembered the good about him again.</p>	<p>Step 5 Conclusion In conclusion, the whole event was really an eye opener to how devastating the entire disease really is. We can never really place ourselves in the position of those who are struggling through it, all we can do is try to provide as much comfort and reassurance as possible. It won't always be easy to deal with emotion, but it will get easier.</p>
<p>Step 3 Evaluation Overall, this experience was such a great learning opportunity. I haven't really seen many episodes like this occur. I think it is will help me tremendously if I am exposed to more events like that frequently so that I can learn to deal with my emotions. I'm naturally a very sensitive person, so seeing things like that is hard for me.</p>	<p>Step 6 Action Plan I plan to use this experience to get better at controlling my emotions. I will work on doing what I can to not be so sensitive so that I am able to better care for patients without letting my feelings interfere. My goal is to be able to handle difficult situations better before I graduate and become a new grad nurse.</p>