Covenant School of Nursing Reflective

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Step 1 Description The situation began with a child coming in for follow-up appointment with his provider. He was child who was diagnosed with autism and ADHD. He was mostly nonverbal but understood commands and some sign language. His provider ordered the nursing staff to get a 12 lead EKG. As expected, the child was very nervous with the personnel in the room and became agitated when the leads were being applied. It took him some time to understand that the staff was not a threat and allowed the lead to be placed. He was in a better mood when the procedure was over and was rewarded with candy for being so brave.	Step 4 Analysis The biggest issue I can see is the fact that some caregivers do not give people with a disability any credit. This boy was able to communicate with his mother through sign, even though he was unable to speak much. I feel that the mother has worked hard to get to that point and her dedication was shown. I believe some people who call themselves "caregiver" could do a little better at practicing patience as this mother did. I know my nephew can communicate through his picture board in the kitchen and that is due to extreme dedication and stressful days from his parents.
Step 2 Feelings I have a nephew who is nonverbal autistic and knowing what the mother goes through daily, I felt connected with her. As for the boy, I liked the fact that he was able to communicate through sign. Even though his vocabulary was not at the level it should be, he was able to learn another form of communication. I see the patience the mom had while in their appointment and felt that she may have been slightly embarrassed by the way he was acting but I understand how it feels caring of someone in his state. It can be difficult and frustrating at times, but he still showed a lot of love for his mother as she showed her nurturing side.	Step 5 Conclusion I believe I could have made the situation a little better by taking more part in helping distract the boy in the beginning. The nurses did a great job, but I feel that I could have done more than just praise him. I could have had him place the stickers of leads on me, so he was comfortable when it was his turn. Kids love to do things themselves and partake in playing with equipment. Maybe he would have though of the exam as a game and would have calmed him down more in the beginning. I have also learned to always have some typed of reward handy. He did listen better after he saw the candy. It's the little things that can make a difficult situation easier to deal with.
Step 3 Evaluation The best part of the whole event is when the boy realized that the staff was not a threat. It helped that he saw his reward in the nurse's hand but the fact that the nurse gained his trust was great. Do to the nature of his anxiety at first, we as students were ordered to mostly watch but we assisted by encouraging the boy and giving praise for his bravery. When it came time to gather the EKG data, he surprisingly listened to command and sat very still. He hadn't been still the entire time prior but he listened and the nurses were able to get a good reading. He did enjoy getting to take off the leads and stickers.	Step 6 Action Plan I feel that the overall situation had a positive outcome. I had never done an EKG on a child. Seeing how the nurses handled the situation gave me perspective on how difficult it could be. In this case, a child with a disability does not make the exam any easier but with patience, not any more difficult either. I have also learned to utilize the parents when dealing with behavioral issues since they know what keeps their child calm. For the future, I would use this experience to improve my communication and instructional skills when dealing with children. If the child understands the procedure, they are less likely to be afraid and be more cooperative. Also, when in doubt or in need, ask for help from coworkers or the parents. I feel that the staff and mom worked well together to have a safe and positive outcome.

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