

## Reflection

**Description:** One of my patients during my clinical rotation was an elderly female with a fracture to the left hip and the left elbow. When I went into the room to introduce myself, I noticed she was crying in pain. She was upset with her pain and the treatment she was receiving. Even for her age she was very alert and oriented to everything around her.

**Feelings:** The nurse I had was late to her shift, so I stayed with her for a while because she was in so much pain. I tried to do everything I could to make her comfortable. The only way I can describe the way I felt was seeing your child sick and there is nothing you can do to ease their pain. It was very emotional for me, and I felt so bad for her. I also had that feeling you get when you see abused children or pets on TV because she was so grateful for me being there, because she was so thirsty and just needed help due to her loss of vision and broken elbow. She kept reminding me of how grateful she was, which made me more emotional since she made it seem like she was suffering.

**Evaluation:** I assisted in giving her pain medication. Unfortunately, her pain was never relieved, and I felt bad that me and the nurse were not able to do more for her pain. I'm not sure if the nurse called the doctor to see if there was something else to give for her pain but it was uncontrollable during my rotation. I expected her pain to be relieved and had a feeling of helplessness when it wasn't.

**Analysis:** I do not have the experience that the nurses on the floor have, so I'm not sure how pain is managed when it comes to my situation, but I do feel that the nurses exhausted their medication resources. I really wish I could have sat down with the nurse and talked to her about how she manages pain, but I did not.

**Conclusion:** I should have advocated more for my patient. She was receiving the drugs that were ordered for her pain, but they were not working. My next step would have been to speak with the charge nurse or the health care provider.

**Action Plan:** I currently work as an aid in the hospital, and what I would like is the patient ratio for aids to decrease. Yes, we can get most of our work done with the current ratios, but when you have a patient, like the one I had, they need more time and attention. In the end someone is getting neglected because there is so much to do and not enough people. My little patient needed consoling, feeding, conversation, medication, and just someone to be there with her while she cried in pain. My goal as a nurse is for everyone to feel like family and that they are sitting comfortably at home while they are receiving treatment, because there's no place like home.