

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>Step 1 Description During clinicals Tuesday morning when I followed my nurse to introduce and check up on patients when shift changed, I was able to translate for a patient and patient's family. This allowed for better communication.</p>	<p>Step 4 Analysis Being able to communicate with the patient to allow optimal level of care is very important. Having a language barrier can be both frustrating to the nurse and patient. Although there is creativity to be able to communicate with a language barrier such as images or signs it may take longer to communicate and meet the needs of the patient. I have had another situation similar to this in module one, I was able to help a patient and family with concerns and questions, being translated to the nurse which were acknowledged right away.</p>
<p>Step 2 Feelings When I walked in the room, I was feeling anxious. The patient was showing signs of pain by grimacing and moaning. As the nurse spoke to patient and patient's family, they seem to only be nodding their heads and made me wonder if they were understanding. I didn't want to intervene without knowing for sure if it was okay to translate. Until the patient looked at me and asked me if I spoke that certain language, as they did. I said I do and started translating what the nurse had said. Before I left the room the patient and family were very grateful that I was able to help them better understand. It seemed like the patient and patient's family had been struggling to understand since their stay. They told me they were grateful someone could finally help them. This made me feel proud of being able to make a positive impact in their lives. Not only was I able to help with communication, but the patient's pain also was finally able to get under control with medication the nurse provided due to better communication.</p>	<p>Step 5 Conclusion I've learned a language barrier can actually be stressful and discouraging to patients. Therefore, being able to communicate with the patient is very important to be able to provide quality care.</p>

Step 3 Evaluation

Patient's pain was able to get under control due to better communication. Medications for pain were being given as often as the medication were advised. Patient was calmer and was finally able to feel relief.

Step 6 Action Plan

I will use this experience to further improve my practice in the future by helping my nurse when translation is needed. This will assist the nurse to understand the patient and take further action faster and more efficient.