

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</p> <p>During my clinical rotation I was working with an elderly patient who was hard of hearing. As I was attempting to pass medications in their room, I had to ask them questions to clarify whether they understood what I was doing or not. I was with the nurse and her preceptee at the time and when I approached the patient to say something, the patient couldn't hear what I was saying. I awkwardly repeated myself, each time getting louder and louder. Naturally, I figured that if I raised my voice, they would surely hear me better. I was wrong, they didn't. After a few attempts, I felt a gentle tap on my shoulder and a whisper in my ear. It was my nurse's preceptee reminding me to talk low and slow so that the patient could hear what I was saying. I took her advice and it instantly changed how I was communicating with the patient, it was effective. The patient and I began communicating and the problem was resolved immediately.</p>	<p>Step 4 Analysis</p> <p>This situation was the perfect example of what I learned in lecture the previous week. I learned that people who are hard of hearing typically lose their ability to hear higher frequency noises. When I raised my voice, it became higher in pitch, making it more difficult for the patient to hear what I was saying. Once I lowered my voice, it lowered the frequency of sound that I was producing, helping my patient become more receptive to what I was saying. I realize that I may have felt awkward and uncomfortable, but my patient may have felt the same way too. It is important to put myself in the shoes of my patient when taking care of them. If I was feeling that way, surely, they felt something as well. Understanding this, helps me provide better patient centered care.</p>
<p>Step 2 Feelings</p> <p>When I was initially attempting to communicate with the patient, I felt awkward. It was a challenge to get them to understand what I was doing. I felt like unsure about what to do next. I was really appreciative that the preceptee stepped in to offer advice when she did. Her simple reminder improved the quality of my care within a matter of seconds. I felt that the final outcome was beneficial to not only the patient but to me as well. It was important that I experienced this because although it was awkward and slightly uncomfortable, I was able to apply the information I learned in class to the clinical setting. The most important emotion I felt during this experience was awe. I was in awe because I saw my didactic education translate to clinical education. It was important to feel this because it made me realize just how important both settings are in my learning process. I am grateful to have experienced this.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I could have made the situation better by speaking low and slow from the beginning, but I didn't. I had to be reminded which is okay, especially while I am in the process of learning. Everyone else involved did an excellent job so I don't believe that there is anything more they could have done to make the situation better. I have learned how important it is to adapt my communication style to my patient's needs.</p>
<p>Step 3 Evaluation</p> <p>Everything was good about this event. I can't really say that anything was bad because it was a learning experience that didn't harm my patient. This experience has strengthened my nursing skills. I believe that my receptiveness to advice helped the situation go well. I also think that the willingness of the orientee to offer advice also helped the situation go well. I ultimately expected my patient to hear so the outcome ended up being reached in the end. The only difference was <i>how</i> I reached the expected outcome. Overall, everyone contributed to the good quality of care my patient received that day. It takes a village to raise a good nurse. Fortunately, I am surrounded by a village.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this situation was a wonderful learning experience. It was good to see the dots connect between classroom and clinical learning. As previously stated, I plan to use this situation as a learning experience. This situation has contributed to my growth as a student nurse. I can guarantee that I will apply this knowledge and understanding to how I care for my own patients one day. This has taught me that I will always have room to grow. It also taught me that to be receptive to the suggestions. Of others. I will always be a student because learning never stops in this field. Hopefully I can offer the same advice to someone else one day.</p>