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<p>Step 1 Description</p> <p>This week in clinical, I was able to observe a patient having a nonepileptic seizure. Wednesday after our lunch break, we were taken to the EMU and got the opportunity to look at normal EEG readings compared to EEG readings of patients that have experienced seizures. We also watched past videos of patients experiencing seizure activity. While in the observation room, one of the patients on the floor began seizing. We were able to observe the appropriate steps the staff members and family took to manage the patient's condition. The nurses controlled the situation perfectly and the patient remained in a safe and stable environment.</p>	<p>Step 4 Analysis</p> <p>Based on my previous knowledge of seizures, I learned that every seizure is different. For example, when we were watching videos of patients experiencing seizures, one patient was having a tonic-clonic seizure, which involved loss of consciousness and muscle spasms while another patient was conscious and able to sit up while at the peak of her seizure. I also was able to differentiate between epileptic and nonepileptic seizures. Epileptic seizures are characterized by a "spike" on the EEGs and are caused by abnormal electrical discharges in the brain. Nonepileptic seizures do not show "spikes" on the EEG and are often triggered by psychological stress. Another way to differentiate between the two is to break an ammonia capsule below their nose. A nonepileptic patient's seizure will calm down while an epileptic patient's will not. After monitoring the EEG and breaking an ammonia capsule below the patient's nose, we were able to conclude that the patient was having a nonepileptic seizure.</p>
<p>Step 2 Feelings</p> <p>While observing EEG readings and past videos of patients experiencing seizures, I felt that I had gained a much better understanding regarding the effects seizures can have on a patient. I learned that every seizure is different and there are no two alike. Once the patient on the floor began seizing, I felt intrigued to watch how the seizure would affect the patient and which steps the staff would take in order to respond appropriately. I also felt sympathy for the patient's mother, who was in the room. Although I do not yet have children, I cannot imagine the feelings she must have while watching her child experience such a difficult situation. Along with sympathy for the mother, I was also very impressed with how composed she was during her daughter's episode.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I do not think anything else could have been done to improve the situation. I think that both the staff and family reacted appropriately and implemented the proper seizure protocols. For the purposes of my learning, I wish that I would have had the opportunity to be in the patient's room and be more hands-on, but I also learned a lot by being in the observation room with the technician.</p>
<p>Step 3 Evaluation</p> <p>After observing the event, I noticed many great actions that were taken. In the beginning of the patient's episode, the tech did a great job of detecting that a seizure was about to begin and preparing both the patient and her mother. During her seizure, the patient had four nurses in the room aiding to keep her safe, which was also good. One difficult aspect of the situation was that the patient attempted to get out of her bed stating that "they were coming to get her". To maintain patient safety, the nurses had to hold the patient down to her bed. Usually, it is not recommended to hold down a seizure patient but because the staff was aware that this was a nonepileptic seizure, holding the patient down was appropriate. Overall, I believe the situation was handled smoothly and all seizure protocols were met by the staff.</p>	<p>Step 6 Action Plan</p> <p>Overall, this was a very good learning experience. I found it very helpful to have the opportunity to observe seizure activity and apply what I had previously learned in lecture. From watching the technician detect the seizure before it started to watching the nurses interact with the patient, I gained a better understanding not only of how to care for a seizure patient, but also how to detect what type of seizure it is. I learned that seizures affect patients differently and every seizure should be taken seriously. After today, I am more confident in the steps I need to take to care for a patient having a seizure.</p>