

Covenant School of Nursing Reflective Practice

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| <p>Step 1 Description I got to withdraw blood both days of my clinical days. Both times were through different access. The first one was through a dialysis port and second one I had to peripherally withdraw the blood. For the first blood withdraw my patient had received blood within 4hrs and had just got back from dialysis. We went ahead and withdrew blood to see how the patient's labs were doing as well as getting vital signs. The patient was calm and relaxed. As I withdrew blood the patient was in no pain. The nurse walked me through the process. I cleansed the port, flushed the port, and withdrew blood for waste. I then applied the clean syringe and withdrew 5mL. Once I withdrew the blood into the syringe, I flushed the port. I applied a blunt fill needle to the syringe and transferred it to the vacuum tube. I was able to remove the blunt fill needle from the vacuum tube without splashing droplets of blood. For the second patient blood labs were needed due to the patient going into surgery. The nurse walked me through it and the patient allowed me to remove blood. Patient seemed to have no pain during the process. I applied the tourniquet, looked for a good vein, disinfected the area with an alcohol wipe and at the first poke I was able to fill the tube necessary for labs.</p> | <p>Step 4 Analysis I had gone to the sim the previous week as an individual lab with one of my classmates we had made an appointment to go practice. After clinicals we headed that way since we knew we were going to be in that area. They allowed us to practice on the mannequin arms that the sim has for blood withdraws. I remember practicing it and going over and over. I wanted to make sure to get a sense of it before the day presented of myself withdrawing blood in clinicals. We would even refer back to a video from a past module that an instructor created for blood withdraws. Therefore, as the nurses walked me through the process, I would also refer to myself practicing and the instructor's video.</p> |
| <p>Step 2 Feelings For the first patient I was nervous at first because I thought I was going to peripherally withdraw the blood. The reason I felt nervous was because I knew my patient was so small and fragile, I didn't want to accidentally hurt my patient when I poked them. The nurse then explained we were actually going to remove it through the dialysis port. I then was excited and curious because I had never seen it done. It also made me feel comfortable knowing I wouldn't cause any pain to patient by poking them. It was a great experience I enjoyed it. I know that it may not always be that easy to withdraw blood, but it was great to be able to experience it. On my second day I was asked if I wanted to remove blood, I said yes but deep down I was really nervous. Even though I was too afraid, I knew that the more I do it the better and more comfortable I get. My patient was in a lot of pain due to a broken pelvis. Pain medicine was provided for pain before we withdrew blood. What made me nervous was that the patient's family was present, and I felt that added pressure. The nurse had so much confidence in me and gave me encouragement. I was able to successfully withdraw the blood. It made me feel really happy and glad I accepted that experience.</p> | <p>Step 5 Conclusion Something I could have done differently was taking a deep breath and believing in myself. I feel the situation went great I wouldn't change anything about it besides how I felt. What I have learned from this, is that uncomfortable situations will appear but that is all part of the learning process.</p> |
| <p>Step 3 Evaluation What was good about these events is that I was able to get experience in withdrawing blood through two access. I know that sometimes I just need to get out of my comfort zone and believe in myself. I need to give myself the encouragement that I need to be able to accomplish my skills. I was afraid to do something wrong or to not be able to find the vein, but I would never know if I don't experience it. I'm glad I was able to have both nurses on different days be kind and walk me through the process with no judgment. I learn hands on and with clinicals I am able to gain that knowledge that I need. It feels good now that I've experience to withdraw blood, I'll have a source in my mind on the process. I know I will not be great at it just because I did it once, and I know that I may need assistance. It just puts an ease on myself that it isn't so bad after all.</p> | <p>Step 6 Action Plan I am glad we are able to do clinicals and be able to do hands on skills. This will prepare me for the future. I will carry this experience with me. I know the next time I'm offered the experience I won't be as nervous because I have a sense of it now. Even if I don't have an experience in a skill offered, I am still eager to do it because that is the only way I'll learn and get practice on it.</p> |