

<p><u>Step 1 Description</u></p> <p>After returning from lunch today (10/20/21), I did my rounding and found one of my patient's nasal cannulas off. This patient happened to be nonverbal, so I used hand motions and pointed to body parts to try to figure out her reasoning for removing her nasal cannula. The patient proceeded to point to her throat, so I did an assessment and came to find that her nostrils were flakey from dryness due to the oxygen. I went to my nurse and informed them of the situation and recommended possibly placing a humidifier on the oxygen to provide moisture and prevent any further pain. My nurse agreed, so after starting I checked back in and found her pushing it closer to her nose and no longer pulling at the connecter and showing signs of relief while also perking up.</p>	<p><u>Step 4 Analysis</u></p> <p>Once my patient was able to point to her throat, my critical thinking and flight or flight kicked in, leading me to do my assessment. After finding the flakiness, I immediately thought she needed moisture, but that I also needed to get VS STAT to determine where her status was currently. Seeing her sat at 85 led me to consult with my nurse and exchange recommendations, to provide our patient with relief while also maintaining her O2 sat levels.</p>
<p><u>Step 2 Feelings</u></p> <p>Initially I was concerned about the patient and her status, since I didn't know how long ago, she had removed the nasal cannula. My patient was on palliative care, so I wanted to do everything I could to make her comfortable and provide relief to her pain and irritation. So overall, I was proud of myself for critical thinking and providing an intervention to my nurse to provide the best care for my patient.</p>	<p><u>Step 5 Conclusion</u></p> <p>I was already staying on top of rounding and checking in on her, but I wish I could've come to my conclusion sooner, so she didn't have to through that nasal irritation. I've learned to have patience from the situation and allow my patient to have enough time to think through what I'm asking and respond in any way that they can.</p>
<p><u>Step 3 Evaluation</u></p> <p>Providing that relief for her was the outcome I was hoping for and I'm glad that I was able to find a solution. In the beginning I was struggling to communicate and kept readjusting her nasal cannula only for her to inevitably pull it out. My main concern was comfort, but also her O2 sat sitting at 85 since she had pulled it off, so I was trying to find any way to communicate with her to find the problem. I provided patience to my patient and gave her time to try to respond to questions and hand motions I was using, to prevent agitation and possibly worsening her problem.</p>	<p><u>Step 6 Action Plan</u></p> <p>While this situation was scary at first, I'm glad that I was put in that time of situation by myself to use critical thinking and show my patients how far I've come in school. Being able to now connect the dots and associate different things with each other really makes me feel confident in my learning and shows me that I'm retaining the information that I'm receiving. I will think back to this situation and use it to help me in future critical situations to be able to respond quickly and provide the best care possible.</p>

