

Covenant School of Nursing Reflective Paper

<p>Step 1 Description</p> <p>This week in clinical I had the opportunity to provide care for many patients. One patient that stood out to me was one diagnosed with cerebral palsy. During my clinical time, I was able to fully care for this patient which involved feeding her, changing her briefs when needed, administering her medicine, and assuring that she was comfortable and had everything she needed. Unfortunately, the patient was nonverbal which at times, made providing the proper care somewhat difficult but overall, my nurse and I were able to keep the patient stable and content.</p>	<p>Step 4 Analysis</p> <p>Although I had never cared for a patient with cerebral palsy, I had a good enough understanding of the disease before seeing this patient. I knew that this patient would require more assistance than the others. This patient had a case of very severe cerebral palsy and was unable to move all four extremities on her own. Being aware of this, I provided a bed bath, fed her breakfast and lunch, and changed her briefs when needed. She was also unable to speak so my nurse and I used critical thinking to ensure she was comfortable and secure. This included bringing the patient warm blankets, frequently repositioning her, and placing a pad under her mouth to keep her drool off of her gown.</p>
<p>Step 2 Feelings</p> <p>While caring for this patient, I had many different feelings. When first walking into her room, I felt sympathy for the patient. She appeared to be very frail and vulnerable. After the nurse and I performed our first assessment on her, we both felt compassionate and knew that she was in need of great care. Knowing that she was nonverbal and unable to communicate using body language made me feel slightly nervous but throughout my time with her, I gained confidence and a better understanding of her condition. At the end of the clinical week, I felt proud of myself for providing this patient with the best care possible. I also feel that I gained more nursing experience by caring for a patient that was not able to express her feelings and needs.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I feel that my nurse and I did a great job of caring for this patient. I was able to better my knowledge regarding cerebral palsy and learn that it is a very devastating disease that affects many patients differently. One thing that I think I could've done better was visit with the patient more. Throughout my two days in clinical, I noticed that she did not have any visitors. Although she was unable to communicate, I feel that she would have appreciated the company and it would have made her feel more content during her hospital stay.</p>
<p>Step 3 Evaluation</p> <p>I had many good experiences with this patient. One great thing that occurred was my nurse and I were able to watch the speech pathologist perform a swallow assessment on the patient and decide which diet to place her on. During their interaction, I noticed that the patient was having difficulty swallowing her food and I suggested maybe after every bite, they should have the patient take a sip of water to wash her food down. Luckily, this worked perfectly. I then suggested to the nurse that we put her pill that we were administering into her apple sauce to ensure that she would properly receive the medication. This, too, was effective. One thing that I found difficult while caring for this patient was giving her Enoxaparin shot. Because she was so tiny and did not have much excess fat on her body, I had trouble finding an appropriate spot for her shot and had to ask my nurse to help. Fortunately, we were able to find a spot that worked and I was able to administer the medication properly.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think caring for this patient was a great learning experience. Being able to provide full care for this patient made me realize that I am very fortunate to be in good health. Although the patient was unable to communicate her concerns or feelings, after two days spent with her, I could tell that she was a very sweet lady that deserves just as much attention and care as the verbal patients. I now have a better understanding of her disease and a better knowledge of how to treat patients with similar conditions as hers. I plan to use this week's experience in the future when caring for patients that are unable to perform activities of daily living and communicate with others.</p>