

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 One of the patients had a cast on their ankle. They only had a folded blanket underneath their leg to support it. The blanket was too flat, and patient was in pain. The patient was even trying to support their leg with their other leg underneath it to try to support it. I went to go look for a pillow in the clean item rooms and found out that there is a pillow shortage. I did not give up when I heard we could get a pillow from another patient's room if they weren't using it at all I went to look for one. Luckily there was a patient that was very friendly and had a pillow still in a bag where they weren't using at all and allowed me to take it. I then took the pillow to the patient and was able to elevate their leg in a more comfortable position.</p>	<p>Step 4 Analysis In lecture for skills, we've always been told and taught that medicine doesn't always need to be used to cover a patient's needs. It can be as simple as applying a pillow where the pain is located or even distracting them from the pain with tv or conversation.</p>
<p>Step 2 Feelings I felt the need to really help my patient feel comfort and ease their pain. My patient was in a lot of pain due to an ankle fracture. I felt really bad the patient kept trying to find a way to elevate their leg. When I was able to find a pillow, I felt so grateful with the patient for allowing me to take the pillow. I also felt so grateful I was able to find a pillow when the floor unit has a pillow shortage. When I walked in my patients' room and I showed my patient the pillow I found for them. The patient got a big smile on their face and was so thankful. It made me feel amazing that I was able to help my patient and ease their pain. Especially when I would go back to check on them and they seem to be in way less pain. The patient was much more comfortable that they were taking a nap.</p>	<p>Step 5 Conclusion I feel the situation went very well. The reason it went well is because I was successfully able to find comfort for my patient and all it took was looking for a pillow anywhere, I could find one. Even if I wouldn't have found a pillow, I would've tried to get creative and try to find a better way to elevate the patient's leg.</p>
<p>Step 3 Evaluation What was good about this event that I was able to meet my patients need even when the patient was hopeless about having a pillow for their leg throughout the night and morning knowing there was a pillow shortage. The patient would only complain about pain and not the position of their leg. Therefore, assessing the patients position and where the pain was located gave a hint that the patient needed a more comfortable position for their leg.</p>	<p>Step 6 Action Plan Most of the time is the little things that make the biggest difference. It's just taking the time and putting the effort. I know that there is many patients on the floor but just putting the effort to comfort the patients needs makes them feel you care and they're not just another patient with a room number. It's about conversating with them while having active listening and finding out the best ways to care for them.</p>