

## Covenant School of Nursing Reflective Paper

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<p><b>Step 1 Description</b></p> <p>Today in clinical, I was administering a medication IV and noticed that the patient's IV site was leaking. After assessing the site and flushing with a NS syringe, my nurse and I found that the IV was leaking from the insertion site. To ensure the patient would receive all of his medication effectively, we decided to start a new IV. To gain more experience, I asked my patient and nurse if I could stick the patient and they both agreed. After finding what I had believed to be a good vein, I stuck the patient and unfortunately, the vein had rolled, making my attempt unsuccessful.</p>	<p><b>Step 4 Analysis</b></p> <p>After we realized the patient's IV site was leaking, we decided to start a new IV to reduce the risk of infiltration. Infiltration occurs when the IV catheter moves out of the vein and the medication or fluids being administered go into the surrounding soft tissue rather than the vein. It can cause inflammation at the IV site and also inhibit the patient from receiving the medication effectively. Fortunately, we were able to detect the problem early which decreased the patient's chance of experiencing inflammation at the IV site. Last week, I was able to see infiltration firsthand on a patient. The patient's IV site was red, swollen, and she was experiencing pain and tenderness. Similar to my patient this week, we stopped the IV infusion immediately and started a new IV.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt very excited when I first learned that I would get to do an IV stick. I also felt slightly nervous because this was my first attempt at one. I have done blood draws before but in my opinion, IV starts are much more difficult. Right before sticking the patient, I felt very confident because I had found a good vein. After I had missed the vein, I felt disappointed in myself and also felt bad for the patient because he had to be stuck again. Unfortunately, the nurse was unable to have a successful stick as well, which led us to call the charge nurse and ask if he could try. Luckily, he got the stick which made me feel relieved and happy for the patient.</p>	<p><b>Step 5 Conclusion</b></p> <p>To make this situation better, I could have taken my time and ensured that I had found the perfect vein to stick. I also could have properly anchored the vein to prevent it from rolling and causing me to completely miss it. Similar to me, I believe my nurse also could've taken her time to ensure that she had a better stick for our second attempt. Luckily, our patient was a very good sport and did not appear agitated or bothered by our missed efforts. After this situation, I learned that although some patients might have veins that appear easy to stick, the nurse could encounter problems such as the vein rolling and also hitting a valve.</p>
<p><b>Step 3 Evaluation</b></p> <p>There were both good and bad things about this situation. I believe my nurse and I did a great job of noticing the patient's IV was leaking and detecting the location of the leak. We also did a good job of contacting the charge nurse after we were both unsuccessful in our attempts to stick the patient. During my nurse's attempt, she was able to stick the vein but did not receive good blood flow. I think she had very good nursing judgment to pull out that IV and call the charge nurse. I believe the only bad aspect regarding this situation was that we had to stick the patient a total of three times before he was able to receive a new IV. Due to the fact that I was very confident before sticking the patient, I did not expect to fail at my attempt. To avoid another situation similar to this one, I need to practice starting IVs as much as I possibly can.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I believe this situation was a great learning experience. Although it was unsuccessful, I was able to attempt my first IV start and gained more hands-on experience. After this situation, I have learned to be more patient and confident when finding veins to poke. Next time I get the same opportunity, I will make sure to position the patient's arm to where I can have a good angle, anchor the vein properly, and ensure that I am getting good blood flow once the catheter is inserted. In a way, I believe missing the vein on my first attempt better prepares me for my next attempt because I now know what to avoid.</p>