

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 This week I was able to assist a nurse that was really busy in their schedule for the day. My classmates and I assisted the nurse in transferring another patient to another floor. It was quite a challenge to move the patient around in a bed. As far as fitting in the elevator and turning many corners. I can't see how someone would be able to do it on their own. It's possible just challenging. After we got back to the floor, we also helped do a wound dressing change. It was on a patient that needed it done on both arms. My classmate and I got an arm each and started the wound change as we followed the nurse's instructions. We were able to get it done within minutes. I am glad we all worked together to help the nurse because of how behind the nurse was due to a busy schedule.</p>	<p>Step 4 Analysis One of the things in every module we have been in has taught us to work as a team. It's something that I've always seen at the hospital as well. I see it when the CNAs and RNs work together as a team. Whenever possible I see RNs assisting CNAs by changing their patients' sheets or showering their patients vice versa. I also see when RNs assist one another. Today my classmates and I incorporated teamwork in today's clinical.</p>
<p>Step 2 Feelings Overall, it felt really good that my classmates and I worked as a team to help the nurse. The nurse was also very thankful we were able to help. Even though it was a challenge when doing the transfer, it was exciting it felt like we were going on an adventure. During the wound dressing change since it was my first time, I was afraid to see the wounds when removing the dressing. The wounds had been somewhat deep nothing I had ever seen before. I then looked at the patient and saw how thankful the patient was that we are changing his dressings. It then made me feel grateful that I was able to help the patient.</p>	<p>Step 5 Conclusion This situation really showed how important it is to work as a team not only in school but when we start working as nurses. It is very important because nurses get so much work loaded on sometimes and need to finish in a timely manner and being able to get assistance must be relieving.</p>
<p>Step 3 Evaluation What went well is that my classmates and I were able to help the nurse catch up on the nurse's busy schedule. We were able to transfer the patient in a timely manner with so many of us we were each able to do a task. We were also able to change a wound dressing properly in a timely manner.</p>	<p>Step 6 Action Plan When assisting a nurse even if the nurse isn't our assigned nurse, it is always a great experience because not only am I helping, I am also learning. Every situation is always a learning experience whether it being a hands-on skill or communication skill with a patient.</p>