

<p>Step 1 Description</p> <p>One of the patients today had tardive dyskinesia which made it very difficult to get stuff done. The IV line kept occluding and it was just very difficult to get the patient calm enough to give meds. Talking to the daughter at shift change helped give some perspective on their situation. The cause of the tardive dyskinesia was unknown, and the patient just couldn't seem to calm down. The daughter brought the patient in yesterday to see the possible cause of everything. The daughter had mentioned that the patient hasn't slept in eight days, so the patient was extremely sleep deprived. I could tell on the daughter's face that she was also extremely sleep deprived. I helped the best I could. Sometimes the only thing someone needs is a listening ear, so I did just that. I took the time to listen and see if there was anything I could do to help.</p>	<p>Step 4 Analysis</p> <p>I will definitely be able to apply this situation to further my nursing career. Today I learned how impactful it can be to give a patient and their family attention instead of just blowing it off as a difficult case. Today was one of those aha moments when you realize this is what I'm supposed to be doing. Being able to work with this patient and their family definitely showed me that I'm in the right career field doing exactly what needs to be done. I think the attention that was shown today also improved the daughter's experience. Being attentive and having a listening ear is sometimes everything to someone. It can change their whole perspective and even their overall mood for the day. One of the classmates I was with also showed the same attentive and listening ear that helped them feel more comfortable.</p>
<p>Step 2 Feelings</p> <p>When we were in the room for report I could tell immediately that this was going to be a special case. Seeing the patient just immediately touched my heart. The nurse from night shift had a negative attitude towards the patient while giving report. Therefore the day shift nurse immediately had a negative attitude about the patient because they knew it would be a difficult day. That hurt my feelings that there was such a negative attitude towards the patient that it made me want to care and listen to them even more. So that's exactly what I did. Every time I heard the light going off for that room I tried my best to make it in there as fast as I could while the nurse was frustrated that their call light or the pump was beeping again. I truly wanted to make this patient and the family feel like someone here cared about them.</p>	<p>Step 5 Conclusion</p> <p>From this event I have learned the importance and how impactful it can be to provide a listening ear. That's all the daughter needed to do was the vent about the situation to someone. If I could change anything from that situation I would've asked more about their family dynamics to get a better understanding of the situation. Such as, if the daughter is the only one taking care of the patient or if there is someone else around that helps. Understanding the family dynamics a little better helps determine if social services could be called to seek options such as home health or a facility where the patient could just be dropped off for the day. Therefore, the daughter could get a little bit more rest than what she has been getting. I'm just still learning how to communicate those harder topics without the family getting upset.</p>
<p>Step 3 Evaluation</p> <p>This patient was a very good circumstance today. It was one of those patients that really makes me believe I'm doing what I'm supposed to be doing. I am supposed to be a nurse. It was difficult seeing the many emotions coming from the daughter. The patient at one point called the daughter her granddaughter. This really hurt the daughters feelings seeing and hearing that her mom doesn't know who she is. I stood there and listened to everything the daughter had to say, good and bad. She ended up breaking down talking about how hard it is to take care of her mom, and that it's really hard to see her like this. Later on the patient was finally asleep for the first time in eight days! I encouraged the daughter to lay down and sleep while the patient was asleep. I think that helped the situation a lot because both of them were just so exhausted.</p>	<p>Step 6 Action Plan</p> <p>At the end of our shift the daughter came up and thanked us for how caring we've been towards to both of them. She told us that it really meant a lot for everything that we've done. She even brought us cupcakes back to thank us! The daughter broke down crying saying that one thing she was really grateful for was us having a positive spirit. She said that she was grumpy and in a bad mood about everything happening and at first she didn't understand how we could be so joyful in the room while that was happening to her mom. Later on in the afternoon she realized that we see negative stuff everyday and that we just try to find the good in every situation. Our joyful attitudes in turn made her be joyful. That made my day hearing that my positive attitude was able to make her day better. It's moments like these that I'm so grateful to be in nursing school!</p>