

## Reflective practice

One of my patients fell out of the chair and onto the floor. Another student nurse and I were sitting at the nurses' station when we heard a loud bang. A few seconds later we hear the patient moan so the other student got up to see what happened and then quickly told me to get help because the patient fell. As soon as I told someone, all of the nurses and aids ran in to help get the patient off the floor. As soon as all the nurses came in, they started taking the patient's vital signs and making sure that the patient didn't have any bruising. While the nurses were assessing the patient, I was moving equipment out of the patient's room so that they could use the lift to help put the patient back into bed. The patient made it onto the bed safely. My heart was beating so fast because I had never experienced anything like this before. I remained calm and tried to help out the best I could without getting in anyone's way. The good thing about this event was that in the end, the patient was okay. The bad thing was obviously that the patient fell, but all of the nurses worked together to make sure that the patient was safe and free on any injuries. From my previous knowledge, the Barton chair is supposed to be pretty sturdy when someone is sitting in it. From this situation, the chair tilted forward and the patient slid out. Since I didn't actually see the fall, I think the patient was probably positioned with her hips closer to the edge of the chair or she was trying to get up. I think that the situation went as well as it could have. Everyone involved worked together and made sure that the patient was safe. The one thing that I have learned from this situation is to make sure that the patient is in a good position before I leave the room. Another thing I learned is to check on my patients who are confused a little more often. Overall, this situation was not something that was supposed to happen, but it did. I have learned that when things like this happens, you need to act fast for the patient's sake while also remaining calm. The learnings that came from this situation can be used every day at clinicals. Moving further, I will check on my confused patients a little more and make sure that my patient is in a safe position before leaving the room.