

Covenant School of Nursing Reflective Practice

<p>Step 1 Description</p> <p>I created a positive rapport with my secondary patient's family. The family in attendance was the patient's daughter. Since the first day of clinicals, the daughter was very talkative with me. Every time I entered the room to do an assessment or administer medications, she was polite and gave me positive encouragement and thanked me for doing such a good job taking care of her mother. She said I was easy to approach and appreciated me explaining things to her and keeping her informed about her mother.</p>	<p>Step 4 Analysis</p> <p>I've heard there is some stigma concerning bedside family. I've heard that they will either make your day long or help your day go by faster. Everyone's family is different and unique. Some families might be more needy than others, and some families will not let you do your job correctly or they are always complaining or question everything you do. With that being said, I think the nurse always needs to keep in mind that the patient should come first. However, that's not to say that you completely ignore the family or tend to them also. They are a part of patient care that connects your overall care for your patient. Families can be helpful and cooperative if you can learn how to approach them in a respectful manner, other than acting like they are getting in the way or a nuisance.</p>
<p>Step 2 Feelings</p> <p>As usual, I was feeling nervous since it was the first day of clinicals from returning from our holiday break. I always feel extra nervous when bedside family is present. I know their eyes are watching your every move. And you never know if the family is going to be polite and cooperative with you, or the opposite. After creating this special relationship with the patient's daughter, you could tell she trusted me and always gave me nice compliments that made my day. I was proud that she noticed my hard work, and effort in taking care of her mother. The most important feeling that I was having about creating this positive rapport with the daughter, is I felt proud which in turn made me feel like I wanted to work even harder-not just for that patient, but for the rest of my patients. When it shows that your work and efforts are appreciated, it makes you feel proud and that you are making a difference.</p>	<p>Step 5 Conclusion</p> <p>What I've learned is to keep an open mind about family present in the room visiting patient. I've learned that I don't need to feel as nervous as I make myself feel sometimes. I've learned that no two families are alike, but that we as nurses must learn how to approach them and appreciate them also. Families can sometimes be helpful if your patient isn't cooperating.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event is that it gave me more confidence when interacting with bedside family members. I think that I need to keep an open mind and not feel so nervous when I see bedside family. My patient's daughter complimented me in several areas, but the best one she could have given me was when she said that I still treated her mom like a person even though she had dementia and that I cheered her mom up. It made my heart feel so good!</p>	<p>Step 6 Action Plan</p> <p>In future clinical days, I am going to observe each patient's family, if present and see how they all are unique. Are they going to be friendly, participants, or a challenge? I will observe how they play a role in the patient's care. I will attempt to not be so nervous and include them in the patient's care.</p>