

Covenant School of Nursing Reflection

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<p>Step 1 Description Today, February 23, after the morning hand-over, we went room-to-room to meet our patients. Since we had the patients from the day before, I was familiar with them and their conditions. When we visited one of my patients from yesterday, he was complaining of some trouble breathing, stating "it feels too low, I need respiratory therapy". As a nursing student, I immediately thought that the priority should always be ABC and that complaint warrants a good look. I was surprised when the nurses went stated "you are on high flow for 40, it should be okay." After the hand-over and giving one of our patients some medication, I felt an urge to visit my patient and check on him. When I walked in, he soiled himself and had an oxygen saturation range of 86-90. Alarmed and worried, I rushed to find my nurse to call respiratory while another nurse acted and placed a non-rebreather on my patient. The end result was him stating he feels better, and his oxygen saturation increased to 95 because his oxygen was increased from 40L to 50L.</p>	<p>Step 4 Analysis Based on our nursing lectures, especially on fundamentals, we always prioritize ABC. Oxygen is vital for our body to function. With the lack thereof, our cells die causing massive, sometimes irreversible damage. The patient involved was post-Covid. Covid-19, a viral infection that primarily causes lung damage, would cause a patient to experience multiple respiratory symptoms. It would be imperative that if a patient complains of a breathing concern, Covid or not, it is important to act on it as soon as possible. A simple look at the patient's oxygen saturation level would tell a great deal on what he is experiencing. That was what we lacked at that moment. We did not bother intervening when he said he wanted to speak with respiratory therapy.</p>
<p>Step 2 Feelings At the beginning of this event, I was very surprised that my nurse did not think this was a priority. After she briefed us about our tasks, what we can and cannot do, and giving meds to one patient, I had a strong feeling that I need to check on my patient. I was happy I acted on this emotion. It also made me feel better as a student nurse. I wouldn't want to know what would've happened if I didn't walk inside his room at that moment.</p>	<p>Step 5 Conclusion I do not want to toot my own horn since it is part of the job to act on things like these, but I am proud that I have listened to my instincts and acted on it. A higher saturation level made me feel fulfilled, like I made a difference. I learned to trust my instincts more. As far as what others could have done, it would be to check on the patient's complaints. An extra minute or so could greatly impact their lives.</p>
<p>Step 3 Evaluation The good about that event was that we were able to raise his oxygen saturation back up in a short amount of time. It was not easy donning and doffing PPE when I had to rush to find my nurse. The wonderful thing was that another nurse speedily came and helped place a non-rebreather mask. The RT arrived fast as well, which only took about a minute when the mask was placed.</p>	<p>Step 6 Action Plan In hindsight, I should've just used the patient's call light for a more efficient flow. Today's event also taught me multiple things such as how to operate an oxygen tank and how to look for the oxygen level on a high-flow machine. I'll apply these knowledge as to become a more effective nursing student. Also, the most important detail is I've learned is to always trust your gut.</p>