

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description During simulation, I was given the role in being as an observer. The scenario we watched was about a patient suddenly going into hypoglycemia. During the simulation, I don't think I expected this situation to arise the way that it did. I am aware about hypoglycemia and the protocol but watching my college in this stressful situation really put into perspective how quick a patient's status can change in a matter of minutes. It also brought up the fact that quick decision making is crucial in-patient care. Had we not watched this simulation unfold the way it did I don't think anyone of us could honestly say we would of known what to do those in those critical moments.</p>	<p>Step 4 Analysis What I can apply to this situation from previous knowledge is the importance of a patient's vitals. I learned that the vitals tell a story and should be your cues into what may be going along with a patient's history. Diabetic theory and understanding was important in this scenario because the patient experienced hypoglycemia which could get bad really quick. The broader issue is that patient safety is always a priority and the fact that a patient can get sick quick should be an unsettling reality. Knowing what to do in those situations may change but the foundation of care and the basis of critical thinking should always be exercised.</p>
<p>Step 2 Feelings At the beginning of this simulation, I was calm and collected. The easy parts were simple. Observing him get vitals, aidet, and red rules went well. As the simulation progressed, I started to get anxious and empathetic when watching my colleague slightly get panicked as he had to start making quick decisions and focus on what was happening. It was uncomfortable and unsettling seeing someone not know exactly what to do. I got flustered observing as well because I don't think I would have known what to do either. The most important feeling I had was being uncomfortable watching from the sidelines. I feel that is most important because it showed me that I need to be prepared when taking care of patients.</p>	<p>Step 5 Conclusion At this point in time, I don't think I could have made the situation better because I too was flustered observing what was happening. I would have reacted quickly to the fact that my patient was dizzy and would have asked more questions related to their symptoms. I would have known how to call the dr or charge nurse properly using sbar so I wouldn't be able to change that either. Overall, I learned so many things! I really liked this simulation experience because it provided some insight on the many ways things could go in a patient room.</p>
<p>Step 3 Evaluation I feel that the bad parts about the event were witnessing my colleague struggle with the situation, seeing a patient go into hypoglycemia, and learning that during this situation a patient can experience cell brain death. I felt what went wrong was that they didn't expect the simulation to be that way. In fact, I don't think any of us expected the patient to go into hypoglycemia at all. After stabilizing the patient, the remainder of the simulation went well. Both nurses remained calm, they did their best in keeping the patient safe, reacted in a manner that was understandable since they hadn't experienced this before, and salvaged what they could in the best way possible,</p>	<p>Step 6 Action Plan Overall, this simulation has taught me how to "for real" interpret vitals and how that tells me what my patient is experiencing and why I should listen to my patients concerns and feelings. When a situation like this occurs it helped assure me that I will not be alone and that I should ask for help when I don't know what's going or when I don't know what to do. This situation has taught me to stay on my toes and to critically think! I will do my best in keeping my patient safe. Lastly, what this situation has taught me about proessional practice is the responsibility that I carry in caring for my patients The outcome of patient care will fall on me and I will perform patient care in the spirit of excellence at the best of my ability.</p>