

Covenant School of Nursing Reflective

<p>Step 1 Description</p> <p>We had a code blue on our floor. It happened just before lunch on Tuesday. I was at the nurse's station closest to the room of the code. There were pharmacists, doctors, nurses, respiratory therapists, nurse pracs, aides, and students in the room contributing. I got to do two rounds of compressions on the patient. I tapped out the initial nurse for chest compressions and tapped in again later for a fellow student just before the MPA said to stop. As soon as we were told to discontinue care, I put my hands up and stepped back.</p>	<p>Step 4 Analysis</p> <p>All of my CPR training was finally put to use! More code blue simulations should be required to ensure preparation at all times. Being unprepared for something like this speaks volumes about the facility and the staff and that is not how I want to be represented. Avoiding events like this is as simple as INTENTIONAL preparation and training. I know my classmates feel the same way as I do. I feel like this perspective is valuable to have as fresh meat in the nursing field because we now know what exactly is possible and why we need to be ready.</p>
<p>Step 2 Feelings</p> <p>I was extremely excited to be involved. I was just thinking how crazy it was that I got to be a part of it. I felt absolutely amazing. We lost him but I think that was the best-case scenario given his circumstance. I tend to dissociate a lot while at work to prevent myself from becoming my job, so this didn't really upset me. I think that my most important feeling through this experience was my feeling of relief. I think it's important to recognize that death is not the worst possibility for everyone.</p>	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • What could you have done differently? • What have you learned from this event? <p>I could've been more assertive in the situation, but my rank always makes me hesitate. Staff could've been properly educated so that I didn't have to stop chest compressions to rip off his abdominal binder and apply the defibrillator. I wish I would've gotten up on the bed for a better angle for more effective compressions. I learned to ALWAYS be ready for any kind of situation and that death really doesn't faze me.</p>
<p>Step 3 Evaluation</p> <p>I was very very proud of how the students jumped into action. I feel like we reacted the quickest and the most effectively. The room was unprepared, the staff was untrained, and the incorrect protocol was followed. Breaking ribs was much easier than I thought it would be. Seeing the event unfold and knowing it was supposed to go differently was hard for me. I feel like I did my chest compressions well and nobody told me differently so I'm going to run with it. The nurse prac called the MPA, which saved us a lot of time and effort. I expected everything to be ready to go for this situation and it wasn't. Suction wasn't set up, they laid him flat with the fecal matter bubbling up his throat, and a lot of the staff did not know how to operate necessary equipment. I understand you need to learn, but do not insert yourself into the middle of an emergency if you are not 110% competent.</p>	<p>Step 6 Action Plan</p> <p>I think it could've gone better, but given the circumstances, it's okay. There were a lot of lessons to take away from it but dwelling on how it could've been is not productive for anyone. I wish I had been more assertive and acted on my instincts, but I learned my lesson. I plan on applying what I've taken away from this experience in my everyday career as a nurse. I will never have the patient room that is unprepared, and I will not allow team members in the room who do not know what they are doing.</p>