

## Covenant School of Nursing Reflective Practice

*Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.*

<p><b>Step 1 Description</b></p> <p>When giving morning meds to my patient on Tuesday, the patient refused to take some medications because she said she didn't need them and stated her reasons why. The nurse agreed with her and didn't administer them to her and did not investigate furthermore. The medications were Lovenox, lisinopril, aspirin, and another type of bp medication.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply to this situation is that you can never overeducate your patient about their condition or medications. I felt that the root of her "non-compliance" was that she didn't know why she was taking certain meds and she didn't know what was going on with her body. When the nurse assured her that she didn't have a bleeding ulcer she said OK and undoubtedly took the aspirin. The impact of a different nursing perspective educated, advocated and kept the patient safe.</p>
<p><b>Step 2 Feelings</b></p> <p>In the moment, when the patient refused to take the medication, I didn't know what to say or do. I didn't know why the patient wouldn't want to take her medications and questioned how I would get to the root of her resistance. When the nurse didn't press or educate the patient about not taking the medication it really didn't bother me until the second day of administration. The second day of administration, the nurse I went with educated the patient, listened to the patient, and was intentional in figuring why the patient felt the need to refuse.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could not have made the situation better, but I was happy that I asked my instructor to accompany in administering meds to this patient because of the patient's feeling and attitude the morning before. The situation in general was made better because the patient was heard and cared for. I learned that you should never let a patient make decisions about their care or medications without giving them the proper tools to do so no matter how hard or time consuming it can be.</p>
<p><b>Step 3 Evaluation</b></p> <p>The first-time administering meds it was easier to allow the patient to make her own decision without questioning her. There wasn't confrontation and the patient didn't complain. I didn't feel that the nurse necessarily did anything wrong, but my thoughts changed the second day. When we went the second time, the nurse thoroughly questioned the patient and found out that she refused the aspirin because she thought she had a bleeding ulcer and she didn't know that she needed the other med for her high platelet count.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I was appreciative of this experience. I learned what to do when a patient refuses and how I can help. I learned that patients often refuse because they don't understand what's going. In conclusion, I will never cease to educate my patient, I cannot allow myself to forget that I'm their advocate, and that their health and safety are my responsibility. Sometimes, all people want is to be heard and acknowledged.</p>