

<p><b>Step 1 Description</b></p> <p>I had a patient come back from having a Laparoscopic Appendectomy and the sites were clean and dry. The patient was not in pain and was able to eat and drink. Once the patient needed to go to the bathroom, I helped them walk to the bathroom and then reassessed the patient's pain. After the patient went to the bathroom, they had met all the criteria to be discharged. I printed off the discharge instructions and then went in the room and went over all the instructions with the patient. Once I finished the discharge instructions I asked if they had any questions. Then the patient was then able to be discharged home.</p>	<p><b>Step 4 Conclusion</b></p> <p>In conclusion this was a really good experience and I learned a lot. I just wish I had gotten more practice with documentation. My experience overall was very positive and my nurse was very good about teaching me, she just didn't push me to do things on my own.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt a little nervous at first, but as I continued to go through the discharge instructions, I felt more confident in what I was teaching.</p>	<p><b>Step 3 Evaluation</b></p> <p>I have finished 9 shifts now, and I feel like my confidence has grown so much. I was really shy at the beginning of this and had a hard time talking to patients. However, as I have progressed through my shifts I grew really comfortable talking to the patients and teaching them.</p>