

Covenant School of Nursing Reflection- Week 3

<p>Step 1 Description During my time in clinical on S8 I learned many things, but the one situation that stands out to me most is an experience with removing a foley catheter. The individual was an older male who was catheterized due to urine retention. This male patient was very uncomfortable with his catheter and requested several times for it to be removed. I learned a lot from my nurse in this situation. She was able to educate the patient about the importance of the catheter and the reason it was placed. She talked with patient about the need for the physician to place an order for it to be removed. Later on that day the RN I was following, and I were able to remove this catheter. This was my first experience was a foley removal. My nurse educated me prior to going into the patient's room to aid my understanding of the removal. The nurse taught me techniques for the patient to take some deep breathes during removal to aid with the discomfort and to use alcohol swabs to help remove the adhesive patch holding the catheter tube. I was able to remove this catheter without incident and it was a great learning experience. The patient did experience some discomfort during the process but reported that he felt much better with it removed from his genitalia.</p>	<p>Step 4 Analysis I recall in module 2 when they were teaching us the skill of catheter insertion and removal that they stressed to wrap the catheter while it was going in and coming out. I was able to practice this on the SIM on the manikin but when you actually experience this on a real patient its different. After today I now see why Mrs. Allison stressed to wind the tubing as you remove, because if you don't the urine leaks out from the catheter and can make a mess. I am very grateful for my nurse for helping me catch it and teaching me how to catch it in two different ways, wind it or use the other hand to catch the tip of it. I had two other peers in the room with me and they were able to help me reflect on the removal. Both of them stated that everything went fine, but to just remember to catch the end of the catheter to avoid urine getting onto anyone. They both reviewed their experiences with catheter removal and that technique comes with time. They talked with me about how they both had an experience similar to mine with the urine leaking from the end slightly due to not catching it. I actually love making any kind of mistake because it is my greatest lesson.</p>
<p>Step 2 Feelings I felt different feelings about this experience. Part of me felt nervous, part of me felt excited to learn something new, and part of me kind of wants to avoid these uncomfortable situations. I ultimately know that it is essential to my nursing career to learn this skill and it is essential to move past procedures that can be uncomfortable. One thing I greatly struggle with in nursing is that sometime things are just downright uncomfortable for the patient and for you, and that all modesty is out the window. I strive to get past making patients uncomfortable and even sometimes things can be painful, like a blood draw. I have a hard time knowing in my head that this maybe uncomfortable because my past career tells me to do the opposite. Even though the removal of the adhesive patch, that was so sticky, on his thigh was a tad painful and the removal catheter was uncomfortable, the outcome was good. The most important feeling that came out of this was accomplished. Everything wasn't perfect but for a first time I feel good about the experience.</p>	<p>Step 5 Conclusion The next time I complete this skill/task I will ensure to remove the catheter with confidence and wind to the tip of the catheter or grab the end with my other hand. I believe I was so concerned about pain and discomfort level that these two thoughts left me a for a minute. I was concentrating and focused on the deflating of the balloon and feeling for resistance that the other important things left my mind. I recall Mrs. Davis saying always check for resistance and make sure that balloon is deflated because you can really injury your patient. The biggest thing I learned is I can do it! Even if its uncomfortable, I can do it... even if it's a tad painful I can do it... even if it is something I get nervous about, I can do it. The other thing is building confidence with repetition is so important to building your skill and technique. I was very appreciative of my nurse today for her patience and kindness. She was very willing to teach me different skills and help me learn new things.</p>
<p>Step 3 Evaluation Overall, I was so glad that I performed this foley removal to help me not only gain knowledge but some more confidence. I have definitely learned that the best way to learn is to actually do the task/procedure. The great news is that everything went as it should and there was not major incident, which eased my anxiety greatly. I felt this situation was not necessarily difficult, but everything is a new challenge to overcome in nursing school. I went from being the one who knows, to the one who knows very little. I love all the new things that I am learning and when you have a good nurse to follow it makes the experience better. The nurse I followed taught me so very much today. We had a tough first day, but the second day was full of learning experiences and better communication. She was so helpful with this process. She talked me through the removal through suggesting the rate of removal and to wrap the tubing in my hand to avoid the urine leaking onto the bed or myself. The things I would do different next time would be quicker with the removal and to ensure that I either catch the end of the catheter or wrap is as I go. I feel these techniques will come with time and practice.</p>	<p>Step 6 Action Plan I really am grateful for this experience because it was the first time I have been able to remove a catheter. Even though it wasn't perfect, it was a great learning experience for me. I have said this a million times, but mistakes are essential to learning. I used to feel so stupid and dumb when I would mess something up but now I see it as clarification and skill building for the next time I perform the skill. I will definitely learn from this situation and carry this experience with me. I am constantly reminded that what we learn needs to be retained and never dumped. I see how whether we are in theory or clinical that every new thing learned needs to be retained as much as possible to help us continue to build our nursing skills. I will use today as the first time I did this skill, and what I learned from it will stay with me. I will take with me the importance of two key factors outside of the deflated balloon and resistance is to pull a little quicker and check that catheter tip. I will continue to build with each experience in nursing school to be a safe and efficient nurse.</p>