

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>Step 1 Description</p> <p>Over the past two days the most eventful experience I got was with a patient who had come in after a days work. I was in his room and I was doing my daily physical assessment on him, and I was making conversation and was assessing the patient's worries and concerns. I could tell the patient had worry and concerns since they found out they had a mass in the back side of his head. After some communication tactics and patience the patient stated all his worries and concerns. After some advice I gave the patient, they felt more at ease.</p>	<p>Step 4 Analysis</p> <p>We always learned about effective communication, and I think this is a great example of that. I never pushed boundaries and always gave the patient time and space. It didn't happen right away, but after the third or fourth round the patient opened up and spoke about how they felt. Its very important to always understand others perspective. As I said, after getting that information the patient reacted rather well. It takes a lot and I always learn something from nursing and spiritually.</p>
<p>Step 2 Feelings</p> <p>At first my feelings were skewed since I wouldn't know how to react myself if out of the blue I had a mass in the back of the head. I always try to look at the upside, and finding a mass in the head can be really good or really bad news. The patient told me about his baby boy who is turning one this month, and once he said how he'd have to spend it in the hospital potentially affected me in a different manner. The main emotion I felt was gratitude. I don't know how to explain it but I just knew in the moment listening to the patient helped him. I felt thankful to be able to let others convey in me.</p>	<p>Step 5 Conclusion</p> <p>I could have not said my input. I can sometimes be too positive. Not in a way that it is annoying but just overwhelming. The significant other of the patient could have maybe said their input since its a battle they both face. I learned that taking a few minutes and listening to the patient can always make the slightest difference.</p>
<p>Step 3 Evaluation</p> <p>When I talk to patients and they open up to me without any push I know that is always a good thing. It is always easy to listen to a patient, but trying to find the words to tell the patient can be rather difficult sometimes. The whole interaction went well, since I always make sure they are comfortable in the situation. I don't think anything went wrong in how I came about this interaction.</p>	<p>Step 6 Action Plan</p> <p>My experience with this patient put a lot of things into perspective. I overall gained a lot of understanding of patient care. It is not only giving medications and documenting. If a lot of nurses would take the time and listen to patients, a lot of undermining issues would go away. Moving forward I will take the time to make sure the patient is as comfortable as can be. A lot of times patients just say they don't need anything when asked, but in reality they could feel as if their needs aren't important.</p>