

## Covenant School of Nursing Reflective

*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 my nurse and I went into my main patient's room to give him his medications we noticed he was soiled. He was a full assist, completely immobile patient who was lethargic. We called in a CNA to assist us in repositioning the patient and cleaning him up. While we were turning him, he became more alert and opened his eyes and started looking around. He was also grimacing as we moved him and seemed to be in discomfort. As we repositioned him his heart rate would jump, and his oxygenation would drop.</p>	<p><b>Step 4 Analysis</b></p> <p>I think this situation really shows the lower level of care a patient with a lower level of consciousness can receive, especially if they are completely dependent on the nurses. Everyone sees the patient as the easy patient just because they cannot call and therefore think really do not need anything so they end up receiving a lower level of care. I enjoyed being able to see how different people at different levels interacted with him. Us students would talk with him and be there for him but the CNA seemed to just be there to hurry up and get what she needed done. The nurses would explain some of what was going on but much more. I even got to see a doctor interact with him some and he also talked to the patient a little but my favorite thing to see was how his family interacted with him on day two and this cemented the fact that we need to be treating all of our patients like they are family.</p>
<p><b>Step 2 Feelings</b></p> <p>Initially I was feeling okay about giving this patient medication and I even felt normal as we were preparing to change him. I just wanted to be as much help to my nurse and CNA as I could be. While we were turning him I heard my nurse talking to him and telling him it was going to be alright. I was not sure who she was talking to and looked up to see him becoming slightly more alert. I became a little sad for him. It was hard to see him waking up and not being able to express himself in anyway. It was also hard to see the discomfort on his face and see the difficulties he was experiencing in his breathing.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel like I used a lot of therapeutic touch and communication with my patient, and I feel like he appreciated it because on one of the times he seemed to be squeezing my hand and a little more at peace than he was before. I do wish when I was talking with him that I would have made it more about everything and not just his care. I got better with this on the second day, but I wish I would have told him about the way it looked outside or other simple conversation topics. I think I could have done so much more therapeutic communication. I feel that I really learned that you can never really know how much your patient knows or understands so you should always treat them the same and equal to any other patient regardless of if they can respond or not. This situation really reminded me that I want to treat my patients as if they were my own family and give them the most compassionate care possible.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel like this event made me more aware of the patient's condition and how to help respond and be towards him. It was difficult to see someone so dependent on the staff. After seeing him I tried to love on him as much as possible, to just talk to him and take the extra time to tell him what I was doing. I hadn't seen many other people do this and it broke my heart a little for him. My nurse the first day did take her time to talk to him a little and to be supportive for him but I do wish that everyone would have been more like that.</p>	<p><b>Step 6 Action Plan</b></p> <p>This situation really just reminded me to care for each patient like they are part of my family and that it is important to have compassion and be there for our patients. I think if I could go back I would just want to talk to him more, after seeing other nurses just barely talk to him I decided he deserved to know everything we were doing and so I made sure to tell him about all of that but I really wish I would have talked to him more about general things, like maybe the weather or that his wife had visited the day before, things like that. This cemented the idea that talking with our patients like they are another human is really important, and it helped me be more comfortable with doing this. I felt as if my nurses failed to communicate with him and check in on him as much as our other patients just because he couldn't verbally respond, this really pushed me to want to be there for him even more and I think it is something I will be able to use with all of my patients in the future.</p>