

Covenant School of Nursing Reflection- Week 4

<p>Step 1 Description During my time in week 4 of clinical on S8 I learned more things this week, but the one situation that stands out to me most was cleaning the surgical site on a patient's foot. This patient was an older male who is diagnosed with diabetes. This male patient was placed in the hospital due his foot's inability to heal from a sore. This elderly male's infection on his foot progressed and his toes were removed. Since this amputation of his toes, he has been hospitalized and unable to heal. This is a good example of how diabetes effects an individual's ability to heal from the smallest infection. I was able to remove his dressing and cleanse it with saline. After I was finished cleansing his foot with the saline and gauze, I was able to redress the surgical site with the instruction of the RN I was following. I really enjoy wound care and it is my greatest interest up to this point in nursing school. It was great to do more wound care, but there is a common trend in many of the wounds I have observed or help cleanse, Diabetes.</p>	<p>Step 4 Analysis I recall in module 3 when they were teaching us about diabetes mellitus and how people with diabetes have a great deal of difficulty healing. I was able to apply the knowledge of a sugary environment often cannot heal and that often a tiny sore on the foot of someone with diabetes leads to amputation. You are taught many things while you are sitting in theory and you take your tests and you pass, but when you enter the hospital, and you see actual disease process it really puts thing into perspective. As I was in this patient's room, he was so kind about everything, and I thought to myself this patient amazes me. I am not sure that I could be that kind after losing my toes on my right foot. It was later discussed that this patient would be getting a below the knee amputation with in the next 24 hours. This again put the things we learned in Module 3 about DM into perspective. This sore on his foot led to his toes being amputated and now he is going to lose his leg from the knee down. I spoke with the RN I was following, and she talked with me about how these situations are unfortunately pretty common for individuals with uncontrolled diabetes.</p>
<p>Step 2 Feelings As always there are an array of emotions that go through me with any situation while in clinical, but with wound care I always feel excited. There is the part of me that really wonders why I love wound care so much, but there is another part that says it just piques my interest and that's okay. When I tell people how much I enjoy wound care they often look at me like I am disturbed. It often makes me laugh, but I really do enjoy the process of caring for wounds. There is something about it that makes me feel honestly excited. The process of cleansing this wound and helping the person try to heal from a sore or infection is just very satisfying to me. The only part that is hard and makes me a tad nervous is when the patient is hurting or uncomfortable, because I really hate hurting people. I was very fortunate in this situation with this patient because it did not hurt him, and he was fine with the process.</p>	<p>Step 5 Conclusion I feel this situation went very well with this elderly patient and with even the second patient I did wound care on, but if I was to do anything better it would have been to ask a few more questions prior to doing the actual wound care. I probably need to look at the patient's avatar prior to completing this task, not because anything went wrong, but because you can never have too much knowledge and be too prepared. I often depend on the RN I am following for more information than I should. I need to spend more time looking at the patient's avatar and chart to find the information for myself. I often think one day its going to be me, and only me doing this work without someone to guide my every move. I will make more of an effort to look more at the chart and gather more information prior to doing wound care. I have learned from this that I am still interested in wound care more than anything else up to this point in nursing school. I learned that every time I repeat a skill or task, I get better and also gain confidence.</p>
<p>Step 3 Evaluation The best part about this event is that I was able to do something that I am truly interested in. I was able to practice more wound care to help my technique and care for patients. I often asked what kind of nursing I would like to be, and I always come back to wound care, but who knows I could end up being any time of nurse. This process is one of the few things that I do not get anxiety about. I feel only excitement and cannot wait to perform the task. Pretty much everything in nursing school makes me nervous but for some reason wound care does not. This process was honestly easy for me, and I did not find myself having difficulty with it. I feel myself so focused on wounds that my anxiety isn't present sometimes. The RN I was following told me that I did a great job and asked me if I would like to do another one after we finished this one. I was more then happy to take her up on that offer. This situation and the following wound care situation both went well, and the outcome was as expected for both. I was able to cleanse both wounds without difficulty and redress them without difficulty.</p>	<p>Step 6 Action Plan I really am grateful for this experience like all my experiences during clinical whether they are good or bad. I am not sure I can completely conclude that I will try to work in wound care, but I have concluded that really interests me. I have also concluded that I will continue to jump at the offer to do this skill. I will take every experience in clinical whether it is wound care, or an IV start, or a catheter removal, as a starting point that will stay with me and that I can build on. I will always be able to apply this situation and many others to other clinical situations. I will use each week in clinicals to build my skill and technique. It will take more than the clinicals to build my technique, but they are a great point of reference and building block. I was taught this week that I can continue to do the tough things, the gross things and all the things in between. I will continue to challenge myself whether it makes me anxious or not, because practice helps me overcome my shortcomings and my anxiety.</p>