

Covenant School of Nursing Reflection- Week 5

<p>Step 1 Description During my time in week 5 of clinical on S8 I learned even more things, but the situation that stands out to me most aiding an elderly lady eat her meal. I was in this patient's room with the nurse I was following, and we were giving the patient her medications and drawing blood. I noticed that this patient kept looking to her food tray on her patient table as we were administering medications. This patient was struggling with the IVP medication going through her IV, and it made me think about what could help her feel a bit better. This patient has difficulty with speech and with swallowing, so I knew that aiding with her food maybe somewhat challenging. I asked the patient if she would like her food and she nodded her head yes. I ensured that I read the instructions from speech therapy about how her food and liquid must be taken in. I ensured that the HOB was upright as written in the instructions and then showed her the different items on her tray. She choose the Greek yogurt and I proceeded to help her eat. While she was eating, she began to cry. I helped wipe her tears and told her that it was okay. She looked at me with such appreciation for the help with this simple task.</p>	<p>Step 4 Analysis Throughout the modules we have been taught the terms dysphagia and dysphasia, as well the different diets that patients are on due to disabilities. I, again today, was able to put theory to practice while assisting this patient in eating. At the beginning of this module, we had a guest speaker who addressed how they assess the patient for proper diets, and how the important it is to follow these diets. I now know that the diet and restrictions due to swallowing difficulties is posted in the patient's room. As I followed the instructions and fed this patient, I could see why these instructions were set in place. The patient coughed with her first sip of water, and I knew that the consistency was too thin, and she needed more thickener. I was able to thicken her water and she did not have any further difficulties with drinking. I also kept her HOB upright while she was eating and for a long period of time after eating. I recalled that aspiration is a huge concern for patients with dysphagia and the HOB being upright helps prevents aspiration. This was a great learning experience about dysphagia and the importance of following the protocol for patients with orders from speech therapy.</p>
<p>Step 2 Feelings As always there are an array of emotions that go through me with any situation while in clinical, but helping this elderly patient eat was humbling. As she cried, I knew that this simple task meant so much to her. I thought about her family and wondered where they were, and how come no one had come to see her. I felt honored that she entrusted this task to me, a student nurse with little knowledge, but a desire to do what I could to help. So many thoughts about my mom ran through my mind as I helped this patient. It was a humbling experience but also an emotionally experience for me. My mother is 72 and I remember having to feed her in the hospital while she was battling to survive Covid. I thought about one day that my sweet mom will be in this situation, elderly and unable to complete this simple task. I know in my heart I will be there for my mom, and I never want her to be so frail and alone in the hospital. It is always a tough part of clinical to see the patients all alone, so sick and without family at their bedside.</p>	<p>Step 5 Conclusion I feel this situation went very well with this elderly patient but if I were to do anything better it would have been to check her water during the very first sip to ensure that the consistency was thick enough for her. When she coughed, even though it was slight, it scared me. I knew that I could have really caused a problem with aspiration and choking. I knew that checking her liquids should be my first step, even though other staff members may have added thickener it may still be too thin. In the future I will ensure to check a patients drink prior to giving them a sip. I learned that the simplest task can be so difficulty for some people, and that showing compassion and just stopping to take time with a patient to eat something as simple as yogurt could change their entire day. I was reminded that nursing is not all about tasks and procedures, its also about compassion, kindness, caring and just stopping to really say can I help you with something.</p>
<p>Step 3 Evaluation The best part about this event is that I was able to do something that was simple to me but grand to another person. I was able to stop during the hustle and bustle of nursing to just show compassion and kindness. I found myself at peace during this situation. I often ask myself if I made the right choice to quit social work and become a nurse. It is situations like this that help me verify that I made the right choice. This task was not necessarily easy, but it wasn't hard either. I would say this task was reflection of where we will all be one day, hopefully not alone, but we will be elderly and unable to care for ourselves. I felt this situation went very well and I was able to help this patient. I kept in mind to go very slow, have patience, small bites and follow the orders from speech therapy.</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 can conclude that my favorite part of nursing is just helping and showing compassion. One of my patients told me today that what she liked about me was I didn't pressure her, I listened, and I took time to help with simple things. I helped this patient to figure out how she could sit in her chair on the other side of the bed next to the window with her chair alarm so she could look outside and enjoy her lunch. I was able to give her some peace and also keep her safe by placement of the chair with the chair alarm. To me this was a simple thing to help, but this patient started crying and thanked me so many times for this. I hope I keep this perspective that these simple things are grand gestures to some. I will hold onto these moments with patients and keep these as reminders of why I am doing all of this.</p>