

Covenant School of Nursing Reflective

<p>Step 1 Description An older man in his 80's had been in the hospital for a few days now and was waiting to have a Lumbar Puncture procedure done. But that isn't going to take place until Sunday. He was a really sweet man, and so cheerful! He's had family at his bedside the whole time and you can sense how close of a family they are. Every time the nurse and I would walk into his room though, he would say how he was already healed and needed to go home. Which at the beginning we would laugh along with him and his daughter would mention "He's trying to trick everyone, and you are not healed young man. We have to figure out what is going on with your high blood pressure." Then the patient would laugh to himself and would try again throughout the day. I didn't expect the next day to be so emotional for the family. The patient and daughter had a disagreement, and now another family member was involved. I wasn't sure if it was the son or the daughters' husband, but he was also there with the patient and having heart to heart conversations about the patient needed to stay in the hospital until the doctors knew what was going on with him and help him get better. The patient was upset and kept trying all day asking to go home. He even asked to personally speak with his own doctor about the matter and wanted his opinion and thoughts about it all. Eventually it seemed as if they had convinced the patient to stay in the hospital.</p>	<p>Step 4 Analysis I can remember talking about how sometimes family hinders what the patient is wanting when it comes to their health and treatment plans. The family support is important, but I can see how sometimes it can be hard. Hard on both the patient and family. I understand more while being in the nursing school how sometimes our own wishes can seem a bit selfish when it comes to what a patient wants versus what us a family want. It's a hard situation for everyone involved because all you want is for you loved one to be better and not give up. But then we fail to see that sometimes the patients are just tired and want to be able to tend to other desires instead of being in the hospital setting. I can see how the daughter was having a hard time agreeing with her father about just going home. She wanted him to stay until they could come up with ways for him to be better. The patient just wanted to go home and didn't want to keep going on with procedures or anymore treatment plans. Which is sad because as a nurse you also want to help the patient feel better, but I can see now how sometimes we as nurses have to play that advocate role for the patient.</p>
<p>Step 2 Feelings At the beginning I wasn't feeling much more than admiration at how close of a family they are and how you can tell they love one another. A big support system is important, and the patient has that with his family. It wasn't until the second day when the patient was upset that he just wanted to go home that I started to see more frustration among the family. The daughter would talk to me about how she loves her dad and she knows he loves her back, but that he was wanting to go home and she wanted him to get better. The patient would repeat himself asking me if it was time for him to go home yet. The whole time I smiled and explained to him not yet, but hopefully soon! And tried to use that as teaching moments explaining how important it was for us to care for him and make sure he was doing okay health wise. I understand how it's hard for family to come to terms when it comes to loved ones wishes. Accepting that you love someone so much and want them to be better, but you're so busy thinking about what you want, and miss seeing the patients' desires. The patient was just tired of being in the hospital and wanted to go home not wanting to do anymore procedures. The patient ended up staying in the hospital.</p>	<p>Step 5 Conclusion I don't know how I could have made the situation better because the family was bringing everybody, they could abroad with trying to convince the patient to stay to continue with this hospital stay. But maybe more comfort words to both the family and patient. It was an emotional day for everyone, and I think just by listening was really all I could do at the moment. It was definitely a day where the patient was trying to share how it was time for him to just be home and start planning out how things were going to be handled. How the patient wanted things handled. By the time my shift was over, the family was still trying to convince the patient that he needed to stay in the hospital. They were even giving him options on which hospital he would rather stay at, but as long as he stayed in a hospital until they had done the testing that needed to be done. The patient was quiet for the end of my day, and only wanted to sleep. I could tell he was exhausted from all the emotions, and just wanted to rest.</p>
<p>Step 3 Evaluation The part that is good is that regardless of the situation, you can tell the family loves one another. The bad is that the patient kept trying to explain himself the whole time on how he just wanted to go home and not go on with anymore procedures. He kept saying to his daughter "I've been thinking about where I am and how we got here, and I feel like I would rather be home while I still can be." While tending to the patient I felt like I was also tending to his family in being a person who they just needed to vent to. Which I loved that they felt confident enough to talk to me about it. Just listening to what they had to say and answering their questions to the best of my ability. At one point the man at the patient's bedside just hugged me and started to cry. He just broke down, said "thank you," and hugged me. My classmate and I were in the patient's room the majority of the time and I think we just did a good job tending to the patient, but it was hard to see how the patient wanted to go home and he wasn't getting that.</p>	<p>Step 6 Action Plan I think this is a hard situation. Sadly, I know I've been that person that wanted my loved one to keep trying and do everything and anything it took to make them better, not realizing it wasn't what was best for them. Overlooking how my wishes weren't important, but what was important to them. Next time depending on the situation, I want to be better about how I can advocate more for the patient? What words or ways can I offer the family to come to terms with the patient's wishes? Be better prepared emotionally myself and have other ways of helping out with situations like these. I know better now not only as a nursing student, but as a person to keep in mind that sometimes it's not what we want for a loved one, but in how I can be more supportive as a nurse or as family to that person. It's not an easy situation for sure!</p>

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