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<p>Step 1 Description</p> <p>One of my classmates and I had a patient who was confused and had an altered mental status. She was hallucinating and spilled her coffee and breakfast tray all over herself. I have never dealt with a patient that was hallucinating before so it was a big learning opportunity for me. She told me there was someone standing behind me that I needed to feed, that there were balloons all over her that she wanted to be taken off of her, and that there were two people sitting in the bed with her.</p>	<p>Step 4 Analysis</p> <p>This patient is unable to take care of herself because she has constant, daily hallucinations that seem to be debilitating. She stated that she lives alone and that is a major concern. She was practically shoving all of the food in her mouth as soon as it spilt all over her which made me concerned for her nutritional status as well.</p> <p>I appreciated having a classmate there who knew what to do in that situation because I felt lost. I think the patient started to feel more comfortable with us as we acknowledged her feelings and listened to what she was saying. We were told that she was so upset through the night talking about a squid that the nurses just gave her a lot of Ativan to calm her down. She started to get irritable and antsy when we were in the room with her, but once we started talking to her and reassuring her that she was okay and safe she calmed down quite a bit. I know nurses are busy, so I am grateful for the time we have as students to put our full attention on our patients and not feel rushed. It seems to help the patients a lot when we sit and talk with them.</p>
<p>Step 2 Feelings</p> <p>Initially I was very concerned for the patient because she had just spilt a whole tray all over her body and I rushed to clean it off of her. After she was done getting her medication, the nurse told us to give her a bed bath and get her all cleaned up. Then when her hallucinations started happening, I was feeling unprepared and a bit nervous because I didn't know the right things to say. Luckily my classmate knew how to handle these situations and instead of telling the patient "No that is not happening, no one is standing there", she just told the patient that the person who was standing behind me wasn't hungry anymore and it was time for the patient to eat. By the end of the bed bath, I was feeling better because we had cleaned her up, done her hair, and calmed her down.</p>	<p>Step 5 Conclusion</p> <p>I have learned a lot from this event. My classmate really helped me with communicating with a patient with an altered mental status. I also learned that sometimes we have to prioritize the way we do things. As soon as the foot and coffee was spilt on the patient I wanted to clean her and get the dirty blankets and gown off of her, but the nurse had us give medications and feed her before changing her bed and bathing her. I know that was the more efficient way to do things, but I also know that comfort and cleanliness is a big deal to patients.</p>
<p>Step 3 Evaluation</p> <p>It was difficult for me to go along with what the patient was saying because I have a difficult time with imaginative situations, but I know to the patient it all seemed very real. I think my classmate and I did well with redirecting the patient and getting her to eat her food and cooperate during her bed bath. It was scary when she spilt hot coffee all over herself, but thankfully she didn't get burned and we were able to get it off of her right away.</p>	<p>Step 6 Action Plan</p> <p>I think this situation started out chaotic and stressful, but the end result was great. Our patient was clean, calm, and relaxed by the end. Now I know how to talk to patients who are like this one and I will be sure to not try and reorient them because that will only make things worse. In the beginning I said, "No there is no one behind me", and I realized quickly that that was the wrong thing to say because the patient got very agitated and said, "Yes there is!", so now I feel prepared for the next time I see a patient who is confused with altered LOC. I will use this experience as a huge learning opportunity and I am grateful for all my classmate's help along the way.</p>

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