

In my reflection, I choose to reflect on a female patient that had an intracranial hemorrhage. She is around 70 years old and this happened to her the day before Christmas, now, more than a month ago. I hadn't cared for a patient with a ruptured aneurysm prior to her and boy, did I learn a lot. She had a tracheostomy, continuous feeding, and couldn't move her right side due to the brain injury. The first day I cared for her she was in good spirits and in good condition from what I could tell. This was the first patient I bathed with a tracheostomy and it was much harder than I anticipated. I was timid, but I didn't allow that to deter me from helping my preceptor to the best of my ability. I learned how to perform a focused neuro check and learned the cues that indicated whether or not my patient was at baseline or not. That first day, I also learned how to perform trach care which wasn't easy either. It startled me when the tube would pop off of the line and could see my patients response when she was ventilated, scary to say the least, that was my first day. The second time I had the opportunity to care for her, immediately my preceptor and I could see the drastic change in her demeanor, she was extremely sad. She didn't smile as she did the first day and if she did, it wasn't full of happiness. They day went on and we did our usual care, but we tried our best to help her feel better. I mean, how can one feel their best without the ability, to walk, talk, or move their body? I get teary eyed just thinking about it. When it was time for her bath, she gave her smile letting us know that she was ok and that she was ready for it. Upon completion, I noticed a book on her table, Jesus Calling. I picked it up and read to her the verse of the day.. she cried, I cried, and my preceptor cried. My heart couldn't take the bittersweet lesson we all heard that day- rest and allow God to lead. You see, she gifted me something I needed to see and feel before beginning my nursing journey. A gentle reminder why I've chosen this career path and the why. Everyone asks for your why, and that sealed it. My why is to pour into people that cant pour into themselves and love them in their hardest times. Reminding them that they're not forgotten or incapable of being whole again. She will forever hold a special place in my heart and I can't fathom the gift of being softened by my patient's for the rest of my career. I get to do this; in those moments, I get to share the love that people so desperately need.