

Covenant School of Nursing Reflective Practice

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>I had a pt that had a head procedure and had a history of bipolar and high anxiety and depression. He was upset that he had not been given his Cymbalta that he was taking at home and that it had already been over 5 days without it and he was feeling the effects of not having it. The hospital did not have Cymbalta was giving him another medication in place for it. He was very adamant that he did not want to talk to a psychiatrist, even though myself and the nurse never mentioned him talking to one. I was involved because I was giving out his medication with my instructor. My instructor and I kept reassuring him that we would let the doctor know about his medication and that we can not just get the medication ourself without the doctors order. I followed up with him a few times throughout the day to let him know that I was not forgetting about him. When we left for the day, the doctor was in the room talking with him.</p>	<p>Step 4 Analysis</p> <p>I remained calm and listened to the pt. I feel like we go over in class to listen to the patient feelings because they are valid and can at the end of the day help us to help them. I felt like my instructor was able to see also that he was very concerned about his health and that he knew what he needed.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling anxious too. I did not feel like he would harm me or anything in that nature but I knew he was upset and I just wanted him to know we were there to help him. My instructor was very helpful and let him know we would let the nurse and doctor know his concerns. My instructor was very helpful with carrying conversation with the pt to help things go more smooth.</p> <p>The situation kind of made me sad. I felt like the pt was being genuine and was just feeling very anxious without the medication he was use to. I feel like the final outcome was good. We let the doctor and nurse know and the doctor did go talk to him. The most important emotion for to feel was sad/caring. I wanted the pt to know we cared about him getting his medication to help him feel better.</p>	<p>Step 5 Conclusion</p> <p>I think something that could have made the situation better was that if someone would've told him sooner why he did not have that medication yet. I don't feel like we really could've done anything differently. I learned that to listen to your patients. I learned from this event to listen to your patients and reassure them that you care.</p>
<p>Step 3 Evaluation</p> <p>I thought something good from this event was that the pt was speaking up and letting us know his concerns. What was bad was at first he seemed very upset with us even though it was not our fault. Something good was that he calmed down and seemed to realize that we were just doing our job and that we would let the doctor know his concern. I feel like at the end of the day it went well. We voiced his concerns to his nurse and doctor. I</p>	<p>Step 6 Action Plan</p> <p>At the end of the day I was glad I had this patient because I do think we did feel like we cared about him and wanted him to feel better. I feel like in the future I could use this to help me remain calm and listen to our patients. This situation helped me about professionalism to stay calm in high anxiety situations.</p>