

<p>Step 1 Description My nurse and I was charting on the computer in the hallway, and we heard a patient screaming help and we rush into the room and the patient is saying that she can't breathe.</p>	<p>Step 4 Analysis After reporting to the charge nurse about what happen, we sat down and trying to figure out what happen with her. The patient have COPD, smoker and only weight 95lbs and we found out that she was having a panic attack.</p>
<p>Step 2 Feelings At first, I was feeling a bit anxious because that was the first time I experience something like this. As the time went on, the patient O2 sat keep dropping to 80% and I started to panic a little. Luckily my nurse knows what to do and we started to use the non-rebreather mask and finally we got the patient O2 sat up.</p>	<p>Step 5 Conclusion I think overall the experience was a bit chaotic but also beneficial for me. I think what I could have done better in this situation is trying to be calmer.</p>
<p>Step 3 Evaluation What was good about this experience is that it gave me an experience that I will not forget and gained a skill set on what to do in a similar situation in the future. I did expect a different outcome because we tried to increase her oxygen level and put on the venturi mask and the O2 sat would not go up.</p>	<p>Step 6 Action Plan After having this experience, I feel more confident because if there were something like this happen in the future, I know what to do that could help the patient.</p>

