

Midterm Reflection

I chose to reflect on a violent situation that happened with a patient. I was standing outside the room with my preceptor, Laura. My patient began shouting at the top of his lungs, and Laura went in the patient room to find out what was happening and try to deescalate the situation. The patient stood up and rushed her, and she came outside the patient room to get someone to call security. He came outside the room and hit her four times before a visitor across the hall ran over and restrained the patient.

I was shocked at the situation because I had not anticipated this due to the patient being so nice and appreciative of the care he was receiving. I was scared because Ali and I had been in the patient room for an hour maybe twenty minutes before this happened. I was scared because I knew that he was bipolar but I had not thought about this as a possibility or thought about what I would have done if this happened while I was in the room.

It was good that multiple people listened and called security. It was very good that the visitor across the hall restrained the patient because who knows what would have happened if he hadn't. It was good that Laura was not seriously injured and that I was not in the room when it happened. Security should have been faster, and the patient should not have been taken off his bipolar medications. It is good that this happens very rarely.

I have learned the importance of paying attention to your patients and not trusting that they are going to stay in the state they are in. I have also learned the importance of having a way out and not trapping yourself in somewhere where you can get hurt. The most important thing is that if a patient becomes violent, my job is to get out and not try to do anything else. I have learned to question when someone is off their psychiatric medications and not just go along with their reasoning.