

Cayce Britton

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<p>Step 1 Description</p> <p>My nurse and I went in to do morning med pass and I met an older female who recently had a stroke which left her with aphasia. Due to her muscles being weak, she was not able to swallow pills. This caused us to have to crush her meds and mix them into pudding. When I was spoon feeding the pudding to the patient, she was very distressed and crying.</p>	<p>Step 4 Analysis</p> <p>I believe although it may have been difficult for the patient to consume the pudding, something deeper was going on. I'm sure no one wants to have to consume medications this way and not be able to form the words and express how they are feeling. Due to my previous knowledge having experienced my grandmother go through this, I know it is a difficult thing to overcome and cause depression.</p>
<p>Step 2 Feelings</p> <p>At the time I felt very heavy for this patient as have watching my own grandmother go through the same thing. I believe this was important to feel because it helped me understand the feelings my patient was having. At the end of it, I was glad it was me who fed her the pudding because I let her take her time and give grace during it.</p>	<p>Step 5 Conclusion</p> <p>I believe I could've made this situation better by being more comforting to my patient. Although, I showed compassion, I could've done more so she knew everything would be okay. I learned from this event that sometimes you just need to have patience with some of your patients, especially the ones who are nonverbal. What do you think overall about this situation?</p>
<p>Step 3 Evaluation</p> <p>I believe it was a good outcome come the end of it. I allowed my patient to go at her own pace and she ended up eating all of the pudding necessary to obtain her medications. For a while, I did suspect a different outcome due to how hard it was for her to consume the pudding.</p>	<p>Step 6 Action Plan</p> <p>Next time, I may have shown the patient two different pudding flavors and let her pick. I believe this would've given her a sense of autonomy. I think it may have helped her feeling like she had some sort of power over her needs. I will definitely be able to apply my learnings from this situations to ones in the future by having more compassion and having patience.</p>

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