

Final Clinical Reflection

I would like to reflect on a personal struggle I faced that didn't quite include an interaction with a patient. My nurse and I had a patient that had dementia and aggressive tendencies, so they needed a lot of redirection and attention that took a lot of time away from our other patients. This shift I decided to take on 4 patients so between trying to redirect this patient and make sure they were safe, since they were a fall risk, I was also trying to document assessments on my patients, medication pass, and hourly check ins with my patients. I was definitely feeling the stress this day because even though we stayed extremely busy I felt like I was still not getting anything accomplished. I was also struggling to delegate, which is something my preceptor has been making me work on a lot in our time together. I was finding it hard to delegate tasks to the aids on the floor just because I have worked with them before and know the workload that the aids take on. I do feel that if I had delegated more tasks instead of feeling bad for adding more onto the aids plate, I could have provided more quality care to my patients. As the day went on though and I kept checking things off my to-do list I started to feel more accomplished and like I had a better control over the shift. There was one point where our patient did start to get combative which is always an uncomfortable and stressful situation for me, but my nurse and I were able to redirect the patient and get him to settle down for the rest of our shift. I think that I need to continue to work on my comfortability with delegating and stepping into my role as a nurse and shift my thinking from CNA to Rn which is a lot more difficult than I thought it would be. I feel like I have grown a lot in my communication and redirection of patients with dementia because we have had a lot of patients with dementia and aggressive tendencies on our floor. I definitely left this shift drained but I was able to learn a lot and was pushed outside my comfort zone as far as delegation and communication goes.