

During my time at LTACH I learned so much and am so appreciative of everyone that encouraged me and helped me through these past weeks. I went from being scared about being a RN soon to being more confident going into my future job.

My last shift at LTACH I had a patient that I've had before. He was there because he had a long term foley catheter and accidently tripped on it causing an injury to his penis. He came to LTACH, and I first saw him when he was on a murphy drip. He is a super sweet man who grew up farming and loves to watch western movies. At the start of the shift, he is always friendly and loves to talk and joke around. He is even alert and oriented x 4. If he doesn't get much sleep during the night, at around four in the morning is when his mood shifts completely, and he is sundowning. It happened the first night when we went to give him his morning meds and all the sudden was confused and irritated. It wasn't anything bad, just a little surprising of behavior. The next shift I had I didn't have him but got an update during huddle that security had to be called on him because of his aggressive behavior. My shift on the 27th he had a great night and slept for most of it and was super sweet the whole shift. I told Cynthia since she had never had him before that he had a really great night and told her about his history. The next night on the 28th we show up and we have him again. He at first is the same nice and caring guy. I notice that he isn't going to sleep and I had a feeling that tonight may be a bad one for him. We enter his room, and you can tell by his face that his attitude has changed. He is confused and thinks that everyone is mad or being mean to him when all we are trying to do is help him. He started to throw things and use inappropriate language. He also threatened to hit Cynthia. We both wanted to deescalate the situation so we made sure he was safe and left the room to give him some time to calm down since our presence was making him irritated. We filed a report and notified the charge nurse of what was going on. We sent in his favorite CNA next when he wanted something and he also didn't want her in his room. We finally tried sending in a male nurse which helped because he thought john was a doctor. He was starting to be a little more calm towards the end of our shift but during report we told them of how he was throughout the night.

This was the first time I had a sundowning patient. I have seen videos but never experienced it in real life. It is very unsettling at first because you've known this person to be so friendly and happy to see you and then a switch is flipped and they become so mean and aggressive. I am glad I got to have this experience now with another nurse with me and not alone for the first time. I will take what I've learned from that night and apply it to my job I the future.