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Mrs. Hernandez

This week I had the opportunity to take care of Patient R.B who was admitted for an opioid overdose. This was a unique experience for me as it was my first time taking care of a patient with an overdose. I had mixed feelings of nervousness and excitement about the learning opportunity. I assisted the nurse with several tasks such as administering medications, monitoring vital signs, and ensuring the safety of the patient. One of my roles was to educate the patient about their medications, specifically methadone, and its effects. Additionally, I helped the nurse ensure that the bed was in the lowest position and that the patient was wearing non-slip socks to prevent falls. We also taught the patient how to use the call bell for assistance. Through this experience, I learned the importance of safety measures when taking care of a patient with an opioid overdose. I saw how critical it was to keep a close eye on the patient's vital signs, and how education was a crucial component of the patient's recovery process. I watched my nurse walk through a CIWA assessment to assess symptoms of withdrawal. I spoke to the patient to assess their understanding of methadone use and signs of withdrawal. The patient was cooperative and eager to learn about their medications. We had a productive conversation, and the patient was able to verbalize their understanding of the education we provided. Overall, it was a great learning experience for me. I believe that one verse that took me through the day was, Matthew 7:1-3 that says, <sup>1</sup>“Judge not, that you be not judged. <sup>2</sup> For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. <sup>3</sup> And why do

you look at the speck in your brother's eye, but do not consider the plank in your own eye?" I feel like this verse challenged me to remember as a nurse I will have to take care of patients that I do not agree with their lifestyle or choices. Despite this fact, it is my job not to judge but to care for them and have compassion. I will have to provide them with the necessary tools to make informed decisions that will benefit their health. I look forward to future experiences that will help me grow and develop as a nurse.