

Reflective Writing

Name:

Institution:

Course Title:

Assignment Name:

Instructor:

Date:

Reflective Writing

In one of my clinical experiences at a nursing home, I was part of a team caring for a patient with a complex medical condition requiring a decision about the best course of treatment. In my personal point of view, clinical decision-making in nursing practice involves the selection of the best available evidence-based option and the application of critical decision-making skills to address patients' needs in the provision of quality care that nurses are responsible and accountable for. Thus, the experience involved assisting patients with bed baths, using a Hoyer lift to transfer residents safely, helping with feeding, and routinely checking patient's vital signs.

The primary decision in that situation to provide the best and most effective course of treatment was made by the attending physician in the busy wing of that private ward where I was instructed to assist the physician. I checked the vital signs of the patient, helped him maintain the patient's personal hygiene, and reported observations to my mentor nurse. The attending physician also addressed the family's concerns and made sure the patient's preferences were met. While my responsibilities and tasks seemed routine, they were essential for ensuring the well-being and comfort of the patient. The use of a Hoyer lift required careful collaboration and coordination to emphasize the importance of teamwork in the nursing home setting. Regular bed baths not only maintained the personal hygiene of the patient but also provided an opportunity to observe any changes in the skin condition of the patient.

The most critical condition was that the patient had just returned from surgery so he must be monitored carefully which I made sure of throughout the process. I checked his vital signs frequently and discussed complications with the senior nurse staff that might arise from the surgery. Assisting with feeding was an opportunity for me in this regard as I was able to connect

with the residents and be attentive to any signs of discomfort during meals. For the recounted incident, I keenly observed that the team involving the attending physician, specialists, nurses, and other individuals held several meetings to discuss the risks, benefits, and potential outcomes of possible treatment options as well as to enforce accountability.

I was mindful of the fact that I had little practical experience at any medical care facility and my attending physician entrusted me the responsibility to take care of the patient and his vital signs. Before the decision was made, I felt a mixture of responsibility and anticipation as I knew the importance of patient care for a smooth decision-making process and the overall decision of treatment options for the attending physician. It was also a crucial component for me that the care team must know and be presented with all the relevant information such as regular monitoring of vital signs before the final decision is made.

Reflecting on these experiences while working at a nursing home, I gained a deeper insight as well as informative ideas for the impact of basic nursing skills and the importance of attention and compassion in long-term nursing care settings. The experience emphasized that even routine procedures like feeding sessions, vital signs checking, and using a Hoyer lift are a significant part of providing quality care to patients which also contributed to the overall wellness of the residents.