



The
Researchers
Hub

Reflective Essay

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INTRODUCTION

Within the healthcare industry, the healthcare providers such as nurses and other form of practitioners play the most important role (Ignatavicius and Workman, 2015). Further, the practitioners hold the main responsibility to satisfy the overall need of the patients so that providing them proper treatment, care and considering the other form of the areas that are most crucial. The present study is based on my personal reflection where I am working as an intern nurse for the adult at Northampton General Hospital located in Northamptonshire. The report is based on my experience as a nurse and is based on the actual event identified.

MAIN BODY

Working as the intern nurse for adults in Northampton General Hospital the real event was caring for a person that met with the accident, and due to this incident the patient was badly injured, and he has to undergo surgery due to fracture in the left hand and the severe injury in the head. This event provided me remarkable experience as I was assigned responsibility to look after the patient. My main duty was to care for the patient such as giving him medicine on the time, food, washing individual etc (*The Code for nurses and midwives The Code and resources*, 2018). Due to this incident, the patient was not at all possible to do basic things such as taking a bath etc. and due to this reason, I have to take proper care for satisfying the basic need of the patient. It was my first experience as previously I haven't cared for any person who has met with an accident.

For caring the patient the hospitality authority and the senior doctors provided me proper doctor and this enhanced my knowledge level (Rustad, 2017). Further, one of the main thing that I learnt was proper care where in case if I am unable to take corrective action while caring for the patient then in such case it can lead to the decline in my overall performance as a senior nurse in Northampton General Hospital.

Previously I have gained knowledge of the different laws that influence the nursing practice and at present when I care for any patient or provide assistance to other individuals then in such case I have to ensure that my practices are in accordance with the different laws (Burston, *et al.* 2015). Previously I was unable of the different laws that are linked with the protection and the safety of the patient, but after gaining knowledge of different laws, it became possible for me to conduct nursing practices in the proper manner (Thomas, Middleton and Llewellyn, 2017).

In the present event, the patient was highly shocked as the individual was unable to cope up with the accident that took place (Seol and Koh, 2015). Therefore, in this case, I faced lots of

difficulties in providing best possible support to the patient. The entire day I mainly focused on communicating with the patient, and my main focus was to deliver proper support to the patient so that individual can get rid of this incident. I took advice from the senior doctors regarding how can I tackle this situation in the proper manner as my main motive was to gain new things by handling this type of incident which I never did before.

On a daily basis, the main task which I did was washing of patient as the individual was unable to take both on his own due to severe injury in hand and other body parts. So, I have to take a large number of precautions while assisting the patient in taking a bath. The precaution that has to be taken was that during bath the water may not be in contact with the body parts that are injured such as head, left hand etc (Kennedy *et al.* 2015). The doctor strictly advised me to look after the injured body parts at the time of bath. So, I have to take extra care on the daily basis as I have to follow the advice of the doctor strictly. Further, it is a well-known fact that within healthcare sector if any practitioner, nurse or any other individual is unable to do proper care of the patients, then this situation is not acceptable (Bassett, 2015). Therefore, my senior authorities advised me to conduct the assigned duties in the proper manner.

Apart from this, my responsibility as the adult nurse was to provide proper food like lunch and dinner to the patient on time as the individual was unable to eat with one's own hand. Therefore, I have to take care of this area also like giving food on time, and the food must be nutritional so that patient can recover easily and in short period of time. Apart from this, on the continuous basis, I have to interact with the family members of the patient as on daily basis they have to know about the recovery of the patient. Providing support to the family members in the proper manner was another significant task that was carried out by me as a senior adult nurse (Franklin, 2017). So, all these practices were carried out by me for 15 days continuously. On the 16th day, the doctor discharged the patient after seeing the recovery. During discharge, I completed all the paper formalities, and I ensured that all the dues are cleared like hospital fees etc.

I consulted with the doctor regarding the medicines that patient has to take regularly at home also. So, in this way, all these activities were conducted by me as a senior adult nurse, and this supported me a lot to learn new things linked with caring for the patient (Jeong and Oh, 2015). Apart from this, in the near future, some areas are present where I need to develop. One main area is linked with understanding about the different technique that can be used while caring for patients; I need to understand how to communicate confidently with the family members of the

patient, what information needs to be kept the confidential and other form of aspects that need to be considered.

CONCLUSION

The entire study conducted has highlighted the key experience of the event that was linked with caring for the patient who met with the accident. My main responsibility was washing patient, looking after the food-related need such as lunch, dinner, properly interacting with the patient so as to clarify any sort of doubt, providing medicines on time and sharing recovery report with the family members of the patient.

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