

**Critical Reflective Practice 6**

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Based on my sixth reflection during my placement, I would like to reflect on the skills and theories that I learned in my clinical placement, such as dressing change, tracheostomy suctioning, and medications by IV route.

Firstly, I learned the skills of dressing change. After my introduction and wristband check for my patient, I received my patient's consent for his dressing change. I was supervised by a nurse in charge. To prepare all the supplies and materials, the dressing tray was used. The wound was located on my patient's left lower knee. After I used the alcohol hand sanitizer, I put on the personal protection equipment (PPE) such as disposal gown and disposal gloves. Then, I opened half of the packages of all the supplies before I peeled off the bandage on my patient's foot. Next, I squeezed the normal saline into the tray box before I properly put on the sterile gloves. I used the forceps provided in the tray to lay out the sterile sheeting on the table, then I held a gauze with my forceps dipping into the normal saline. With one continuous wipe for each gauze used, I started to clean the wound of my patient's foot. Based on the prescription, a cream for wound healing was placed on the wound. At the end, I carefully placed the bandage on the wound. The bandage was placed without wrinkles to avoid any damage to my patient's skin. The dressing change was recorded in the patient's computer record. I remembered that I had a lecture and lab regarding dressing change. I evaluated myself on the feedback from my instructor and nurses. Secondly, I gained knowledge on tracheostomy suctioning. After I introduced myself and checked the wristband of my patient, I got the consent of my patient for tracheostomy suctioning. With the supervision of my instructor, I stepped into my patient's room for tracheostomy suctioning after I did my hand hygiene and PPE. Once I removed the cap of the tracheostomy, I connected the suctioning tube with the proper suctioning catheter. I gently

placed the suctioning catheter into the tracheostomy, while I uncovered the suction control port. When I felt the end of the trachea, I covered the suction control port with my index finger. Pulling the suctioning tube out slowly, I used a circular motion to control the tube for about 2 seconds. Based on the patient's need, I did two times of this suctioning. Once the suction was finished, my patient left his room with his wife. I remembered that I had a lab regarding suctioning pumps. I evaluated myself on the feedback from my instructor and nurses. Thirdly, I learned to give medication by IV route. After I introduced myself and confirmed the wristband of my client, I prepared the medications in the Omnicell based on the computer medication administration record (CMAR) of my patient. Then, I did the three checks of the medications with the supervision of my instructor. Next, I separated the coated pill to the tablet medications into different pill cups before I crushed the tablets with the transparent plastic bag. Then, I placed the crushed medicines into a cup that was filled with drinkable water. With the spoon, I stirred the solution. After I stopped the feeding pump, I clamped the feeding tube and removed the tube plug. I filled the sterile water into one of the syringes for tube flushing (30ml), then I filled another syringe with the medication solution. I attached the syringe to the connection and injected flushing water into the connector after I unclamped the tube, followed by the medication solution with the proper clamping and unclamping techniques. Next, I flushed the tube with another 30ml water flushing. After I reconnected the connector to the feeding tube, I ran the program of the pumping system. I remembered that I had a lecture regarding IV pumps. I evaluated myself on the feedback from my instructor and nurses.

Therefore, I have gained knowledge and experience in dressing change, tracheostomy suctioning, and medication in the IV route.

