

# Reflective Journal Sample

# **Reflective Journal: Safe Patient Handling, Transfer, and Positioning**

Student's Name

University

Course

Professor

Date

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A nurse's role is to ensure proper patient handling for appropriate treatment and well-being. This approach includes taking care of immobile patients or with activity restraints imposed by their treatment. Nurses are responsible for moving and positioning patients well to avoid immobilization-related risks such as thromboembolism, pneumonia, and skin breakdown. During my clinical at the Surgery Day procedure unit, I had to assist my patient from bed to a commode, take a shower and also be able to get out of bed to maintain and improve joint motion and stimulate circulation. As a novice nurse, I was more concerned about the effective and safe transfer, positioning, and care for dependent patients. Additionally, I noticed that learning from a textbook about patient care is different from the actual situation, especially considering the patient's lack of independent activity and immobility to ensure a viable and realistic care plan.

My clinical experience emphasized the importance of safe handling techniques for both the patient and healthcare professionals. Safe handling techniques are essential as they ensure that the patient is correctly positioned in bed, thus maintaining body alignment and comfort. Such techniques prevent injuries to the integumentary and musculoskeletal systems by offering cognitive-motor and sensory stimulation.

My knowledge of patients lacking independent activity and mobility helped me cautiously approach the case. I knew that improper handling, positioning, or transfer of the patient could harm the patient, thus worsening their condition. Before I began my clinical practice, I assumed that providing actual care to patients would be just applying textbook instructions. However, I found that actual care provision is different, and one must be proactive. I performed well in thinking about the rationale of an action before doing it. As such, I ensured that the patient was transferred safely, avoiding any harm to the patient or me. However, I would have behaved in a different way if I had been more attentive to the body position and the patient's situation as a whole.

The experience helped me identify gaps in my skill and goals that I needed to attain. Wilson and Litterini (2021) highlight that health professionals must go all-out to widen their perspective to cater to the unique needs of patients

with limited mobility and effectively engage with them to attain the optimum outcomes of care. However, this poses the question of how to broaden my perspective to adequately provide for the unique needs of patients with limited mobility. What other measures do I need to adapt to ensure safety for the patient and me? Moreover, there is a need to assess the patient to identify the needs correctly. With assessment tools like Braden Scale, a care provider can identify patients at risk of developing pressure sores early (Ayello, n.d). The scale comprises six sub-scales: sensory perception, mobility, activity, skin moisture, shear, nutritional status, and friction. The scores from the six subscales are rated and then added, indicating a patient's likelihood of getting a pressure injury. From experience, I purposed to learn safe-handling techniques, be extra vigilant of correct alignment and figure out how to care for patients properly.

My experience has proven helpful in helping me understand the critical role I play in ensuring patients' well-being. As a novice nurse, I will broaden my perspective and seek further assistance and guidance to enlighten my future nursing practice. Moreover, I will often self-reflect and learn continuously to improve my competence. Furthermore, employing tools like Braden Scale, I will identify patients that may develop pressure injuries using the six risk factors: nutrition, mobility, moisture, perception, activity, and friction.

## References

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