

My most memorable experience

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The nursing profession is not just helping people, but also enriches one's personal growth. When you are in the nursing profession, compassion, respect, humanity are a large part of what this profession requires. I learned this lesson during my patient care at a Nursing home.

I met a patient who had been diagnosed having an advanced dementia. Sadly, he was often confused and didn't remember his family at all, but remarkably he remembered his name. Because of his depleting conditions, it was extremely difficult to finish my physical assessment sheet and assist with his personal needs. He fell asleep many times, so I needed to wake him up to ask the necessary questions. Having never worked with a dementia patient, I was unaware of the best approach in that situation. Anyway, I was able to finish most of my physical assessment data on the first day.

My second day agenda was to provide a comfortable environment as much as possible. I gave him a shower and washed him very thoroughly. He was so happy, and said, "I feel so good." I dressed him and took him

to his room. After then, I put lotion on his skin and I shaved his beard. I found a hard-covered book which was entitled IRELAND, and I found pictures and cards between pages. I showed those pictures and cards to him. He began to read the contents and started to talk about them. He said he couldn't remember who they were, he could only assume who they were. When our topic reached to the book, he told me many stories; he was born in Ireland and had lived there when he was a young boy. We both found each other fascinating as we shared our stories: he was from one world, and I was from another world. During our conversations, it was apparent to me that he enjoyed our conversations, as well as it became clear to me that my patient was a very intelligent, warm, sincere gentleman, even though he is suffering from dementia. Having this opportunity provided me with a better understanding with patients who have uncontrollable situations.

After this experience, I am sure that I will become a nurse who touches the patient's heart, and always will do my best to provide superior health care for all patients that I encounter. I will always refer to my clinical experience, and it will continue to be an attribute toward my nursing career.