

Donette Thomas

Scholarship Essay

### Making a Difference

It was my third week in my first clinical rotation of Nursing Fundamentals. I was assigned an elderly female client and was informed that she had some emotional issues and was in restraints. I entered her room and introduced myself. She appeared confused and with tears in her eyes, asked what happened to her. Even though I did not know her before this, it broke my heart to see her so confused and emotional. I explained the reason for her hospitalization after which, she gazed down at her restraints and then back at me. She quietly began to cry. I tried to comfort her by holding her hand until she calmed down. With permission from my clinical instructor, I loosened her restraints while I gave her a bath and a massage. After I was finished, I sat with her to talk. I asked about her family which took her on a trip down memory lane where she reminisced about her life and her late husband. She informed that she did not have any children but that her niece had taken the responsibility for her care. She seemed in better spirits.

I had to leave her room for a short time so I had to put the restraints back on. As I left her room to get some supplies, I began to think about my grandmother and wondered what I would do if she ever got to this point in her health. I know that I would want her nurse to be compassionate and caring so I made a mental note to always be that nurse. When I re-entered the room I found her niece sitting by the bed feeding the client her lunch. I began to converse with her niece. I told her that my instructor said that her aunt could have her restraints taken off if she was going to be in the room. This time when I removed the restraints, the client grabbed my hand and said a simple, "thank you." Those two small words conveyed so much. This woman had gotten to the point in her life that she was at the mercy of anyone caring for her. I

was happy to have the opportunity to witness firsthand the value of caring for a client in such a way that her humanness and her dignity were not diminished. We as nurses can make a difference in the lives of our clients even if it is in the small things. We can facilitate a caring atmosphere for all our clients, thereby, making a difference.