

diagnosed was extremely streamlined and effective. I feel that this made it easier for James to cope with the diagnosis he received as he was not left worrying about possible causes for longer than necessary. That fact that he was referred to the diabetic specialist nurses will make the transition of living as a diabetic individual slightly easier for James as he will have guidance directly from them and develop a relationship with them.

Conclusions

In this situation, I learnt a lot about Type 1 diabetes and the effective treatment of DKA, and the treatment patients with new diagnosis' receive when they are first diagnosed. I feel more confident about helping in similar circumstances and I am more comfortable asking for help when I need it. I think that the experience may have been more positive for me personally if I was able to locate things quicker and easier around the ward. This could be improved on in the future by giving students an in-depth tour of the facilities, storerooms and where to locate things that are not on the ward (Worrall, 2007). Through my training, I need to develop my ability to work independently, so that I am more confident with my abilities and knowledge. I feel that in this situation, I could not have done more than what I did, simply because I had never dealt with diabetes or patient conditions as severe as James' was on admission.

Action Plan

If I had a patient with the same symptoms, past medical history, observations and diagnosis as James, I would attempt to be more proactive with what trained practitioners needed. However there is not a lot I would be able to do as I am unfortunately still significantly inexperienced in these conditions. I will continue my professional development by researching more on topics I am more likely to experience, such as bereavement, common conditions and procedures. This knowledge will then be solidified in further placements throughout the rest of my course. Next time I have a distressed patient, I feel that I will find it easier to comfort and reassure them regarding what they are feeling and help them in any way I can at my level of experience. I think this will make me a better nurse, and result in better professional relationships with my patients.