**Benefit of Rectal Tube Use**

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NURS 3552-5

Professor Jamie Osborn

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**Student statement:** By submitting this reflection, I am acknowledging that it is my own work. Comments are my own and have not been used in any previous work (inside or outside the institution). I have followed the rules outlined by my instructor and am compliant with the University of Windsor, St. Clair College, and/or Lambton College Academic Integrity Policy.

Student Name: Reem Boudali Student Number: 110007510 Date: January 23, 2022

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| **Category** | **Satisfactory** | **Unsatisfactory** | **Student Reflection (must be typed)** |
| **Look Back****(L)** | * Identifies **ONE** relevant clinical event/experience/ learning opportunity that was significant/impactful in one or two sentences.
* Describes this **ONE** clinical event so that the reader can gain an understanding of what occurred.
* Provides opinion/idea/perspective and feelings related to own. role/actions/performance in this clinical experience.
 | * Does not provide a clear and succinct description of ONE clinical event, experience or learning opportunity.
* Does not provide own feelings related to the clinical experience.
* Identified event, experience, or learning opportunity is not relevant to clinical practice.
 | On January 14, I cared for a patient who had a rectal tube due to her diagnoses of a bowel obstruction and rectal cancer. I was confused with the concept of a rectal tube because I had never encountered one before in the clinical setting. |
| **Examine Experience****(E)** | * Selects a scholarly article that relates to this clinical experience (may use a CNO standard or BPG in addition to article, but not in lieu of an article).
* Briefly summarizes key ideas/findings of the article.
* Compares/contrasts own ideas/thoughts with those expressed by the author(s) with explanation.
 | * Does not incorporate a scholarly article.
* Summary of the key ideas/findings of the article are not included.

 * No explanation of the author’s ideas/thoughts compared/contrasted with own.
 | The article I found discusses the potential benefit of the use of rectal tubes following anterior resection for rectal cancer (surgery to remove the cancer margin). The article explained that one of the most common complications to these surgeries is what is referred to as anastomotic leakage (AL), which essentially refers to the leaking of any substance within the gastrointestinal tract outside of the normal spot (Choy et al., 2021). AL can lead to sepsis and increases the risk of the cancer returning; hence, it is a huge issue. Rectal tubes reduce the risk of AL as the substances in the colon are diverted out of the rectum through the tube without needing to create stomas (Choy et al., 2021). Finally, Choy et al. (2021) note that the patient beginning to pass flatus is an important indicator for the rectal tube to be removed as it can shift the position of the tube. |
| **Appraise** **and** **Analyse** **(A)** | * Discusses at least **two** other people’s ideas/opinions/ perspectives that should be considered related to this clinical event (how might they feel: e.g. client, peer, family, other discipline, etc.).

**\*\***A reflection graded as ***excellent would also include the following:**** Examines perspectives surrounding this event at the level of nursing in general, and/or society in general (e.g. impact on health care system/nursing profession, political, financial, cultural influences on Canadians).
* Identifies how the event/situation challenged own perspective(s) and status quo (usual way of doing things).
* Poses questions that should be considered due to their significance to nursing practice.
 | * No other perspectives are discussed.
* Only one other perspective is discussed
 | The article mentions that from a patient perspective, rectal tubes can cause discomfort and potential pain related to the rube itself and the secure stitching (Choy et. al, 2021). This makes sense as my patient was lying supine on her back. Without props like pillow, she would certainly have felt the tube every time she shifted in bed.Another perspective could be from the care team. The decision to use a rectal tube would require them to weigh the pros and cons. While there was a great amount of evidence proved in the article that rectal tubes decrease the risk of AL, the authors also mention that one rare, but serious complication with rectal tubes is perforation (Choy et. al, 2021). Considering that these patients are already in such a delicate condition, colon perforation would make it increasingly difficult for the patient to recover.Compared to creating a stoma, I think rectal tubes are a great option as they are a temporary solution that can later be removed. This would be less intimidating to the patient. One question that should be considered is what possible interventions we can take at the nursing level to increase comfort for patients with rectal tubes such as using pillows or wedges to decrease pressure on the tube. |
| **Research** **and** **Revision****(R)** | * Provides summary of learning from this clinical experience and from the article findings.
* Identifies what they could have done differently in this clinical experience.
 | * Summary not provided
* Does not identify what they could have changed about their own role/actions/performance in this clinical experience.
 | Overall, I learned that rectal tubes reduce the risk of AL which can lead to a multitude of issues including sepsis. Two major considerations for the use of rectal tubes are the discomfort caused to patients and the possibility of colon perforation. There wasn’t really anything I could have done differently at the time of my clinical experience since there wasn’t an actual issue, but rather an opportunity for learning. |
| **New Perspective****(N)** | * Incorporates specific examples of how this new/enhanced knowledge will be implemented into future practice as a nurse.
* Identifies a nursing resource(s) that will assist to develop this aspect of practice (e.g. identify a specific nursing textbook etc.).
 | * No specific examples for implementation into future practice are incorporated.
* Does not identify a nursing resource to assist with learning
 | In the future, I will this knowledge on rectal tubes will help me if I have a patient who has one is as I will know what to assess for. For example, since perforation is a serious complication, I would ensure that I check the tube placement periodically and assess for pain and bleeding. Since rectal tubes are a more specific resource, the likelihood of finding information to develop this practice within one of the more general nursing textbooks would be quite low. Instead, I can look more into peer-reviewed journals on the topic and find scholars on the topic online. |
| **Concept Identification** | * Identifies and describes key curricular concepts that influence the experience (minimum one in 1st year; two in 2nd year; three in 3rd year; minimum four in 4th year)

(critical thinking, know-based practice, evidence informed decision-making, health, teaching & learning, professional practice, communication, leadership, collaboration, safety, person family centered care, and informatics) | * Does not identify and/or describe related curricular concepts that relate to the experience/reflection.
 | Know-based practice – understanding the use of rectal tubes and applying it in practiceTeaching and learning – I didn’t know what rectal tubes are, so I researched it to learnSafety – preventing post-surgical complications in treatment of rectal cancer using rectal tubes |
| **References and APA Format** | * Scholarly article(s) and any additional resources (CNO, BPG) correctly cited in reflection in APA format.
* Title page in correct APA format
* Reference in correct APA format
 | * Incorrect APA format throughout reflection
* Incorrect APA format on title page
* Incorrect APA format for article(s) and/or other sources.
 | **Student Reference(s) in APA Format:** Choy, K. T., Yang, T., Heriot, A., Warrier, S. K., & Kong, J. C. (2021). Does rectal tube/transanal stent placement after an anterior resection for rectal cancer reduce anastomotic leak? A systematic review and meta-analysis. *International journal of colorectal disease*, *36*(6), 1123–1132. https://doi.org/10.1007/s00384-021-03851-8 |
| **Grade:** | **□ Satisfactory □ Excellent**  |  **□ Unsatisfactory**  |  |
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