Covenant School of Nursing Reflective

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description

This article was over Alzheimer's disease. It goes into deep overview of the disease, statistics, clinical manifestations, dementia, delirium, and many other very interesting topics. I also like how the article talks not only about the patient but about the family as well. I found this article to be very informative even though I was aware of some of the information from when we went over it this module.

Step 4 Analysis

We have previously learned about Alzheimer's this module and just touched the tip of the iceberg with this disease. This article truly unpacked the disease, how it affects people all over the country, their families, their life, and many other factors. One thing that I found interesting about this article was when it talked about the neurofibrillary triangles. It is the structural hallmark for AD and its major component is A68, a form of tau. In AD, this structure has been disintegrated, and I find that very interesting because I love science.

Step 2 Feelings

At first, I was feeling excited to read this article because I enjoy reading new things. This was one of my goals for 2020, to read more book/articles and spend less time on my phone. I was very intrigued at the information this article had and felt the quiz afterwards boosted my confidence in my knowledge about the disease.

Step 5 Conclusion

For my conclusion, I believe this article was beneficial to me. This article has taught me ways to better manage patients I may have that have Alzheimer's. It has also taught me how to take care of the patient's family.

Step 3 Evaluation

Something good about the event was that I benefited from reading this article and expanded my knowledge about Alzheimer's. Nothing bad or negative came from this experience at all. One thing that I really benefited from the article was the vocabulary. I liked how the quiz incorporated some of the vocab from the article. I enjoy learning new terms!

Step 6 Action Plan

Overall, this article was great. I did not expect anything different. I knew the article was going to be full of juicy information that I can use to carry on with me for the remainder of my nursing career. I feel this article helped me better understand what goes on with the patient and family members who have this disease. I can better relate to how my patient is feeling and help them cope with their disease.