

Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b></p> <p>Today I was at the Sunrise Canyon Out pt clinic. All of the services are free. A lot of the people here have been inpatient at the psych hospital. I was able to draw blood &amp; give injections, so it was great to be able to have hands on experience to practice clinical skills!</p>	<p><b>Step 4 Analysis</b></p> <p>It made me sad to hear that the outpatient clinic is about to lose some of its funding. I think this is such a valuable place. They help so many people stay on track. Keeping pt's healthy &amp; on their medication can be difficult but they have managed to keep a lot of people getting the help they need for their psych illness. I really hope their funding doesn't get cut. This is such an asset to the Lubbock community!</p>
<p><b>Step 2 Feelings</b></p> <p>I feel like this is a great place! The nurses were all so kind &amp; helpful! I am glad that Lubbock is able to provide a safe &amp; free place for these pt's with mental illness to live in the community &amp; still get the psych care they need. It is nice to see that so many people stay on their medication because I know that can be a problem</p>	<p><b>Step 5 Conclusion</b></p> <p>This clinical experience went so great. I learned the importance &amp; value of having a place like this in our city. I really enjoyed being at the outpatient clinic. All of the staff were extremely friendly &amp; they let me do so many things. They all seemed to truly care about every one of the patients they served.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel like this was great clinical practice for me. I was able to practice drawing blood &amp; giving deep IM injections which is something I haven't had much practice with due to COVID. I feel like I was much more involved as opposed to just being an observer, so it was something I really enjoyed! The nurses gave me good pointers about how to draw blood which will really come in handy in the future.</p>	<p><b>Step 6 Action Plan</b></p> <p>This clinical experience taught me a lot! Not just because I was able to brush up on my clinical skills, but also because I got to learn about a great resource in the community that might be very helpful to refer pt's to when I graduate. These pt's need a consistent place they know they can always come to get the help they need!</p>

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