

Covenant School of Nursing Reflective Practice

Name: Maria Bates

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Step 1 Description

At dove tree, multiple things occurred. I got to witness lots of meetings and what people were there for. As a nurse they asked us some questions regarding health all of the patients and me and another student were involved. I feel like this really gets the patients involved in their own care to help facilitate their health and well being.

Step 4 Analysis

I can apply how to ask questions now that I know. I can make sense of the situation because a lot of my family is either alcoholic, drug addicts or both. Rehab helps. These pts struggled and some get out and fall back INTO the addiction. It is very sad to watch pts and families go through this. I have seen it first hand. It is awful. My classmate and I both agreed on a lot of what we saw.

Step 2 Feelings

At the beginning I was a little lost. I wasn't sure where to even go into the building and was just kinda thrown in not knowing much. Not knowing what to do just makes me anxious. After figuring out what was going on I was way more comfortable and felt like I knew what I was doing. Being comfortable helps with a lot of things. It just helps calm me down and not feel so stressed out.

Step 5 Conclusion

I could have maybe talked to them about ProD and prayed for them but I never want to overstep and make a client/patient feel uncomfortable around me and make it to where they don't want to talk to me at all. I have learned that it is okay to ask questions and it is okay to get out of your comfort zone sometimes. We all have to start somewhere. I really enjoyed it here.

Step 3 Evaluation

There was a lot that went well. I love getting to see people get help when they need it. Nothing went bad. I had some really good talks with several clients. I didn't want to ask too many questions but the patients were very open about everything. I participated in all the group activities and even played volleyball with the clients.

Step 6 Action Plan

Overall, it was a great learning experience. I feel like I have a way better understanding of what rehab is and what they do for these clients. It is pretty incredible. It takes some very special people to work there. It has taught me not to be afraid to ask questions about what the pt may or may not be feeling and finding out their history. In a nonjudging manner. I am grateful I got to come here.