

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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<p>Step 1 Description</p> <p>During my clinicals this week, I was able to go to The Ranch at Dove Tree. It was me and my partner that were able to experience this together. As soon as we got there, everyone was very inviting and welcoming with us. They showed us around and gave us a schedule of each activity we would be involved with the patients. We were told to basically follow the group to each station. These clinicals were very different and I was not expecting how it would turn out. I enjoyed the outcome of it.</p>	<p>Step 4 Analysis</p> <p>I have already previously been to an AA group during spring break and so this clinical experience kind of resembled one of those groups to me in a way. It reminded me of an AA group but instead they are changing the topics and the different rooms. I feel like the theories involving group therapy for addiction and the research about how successful it is plays well in this situation. I think that other patient's experiences were very similar to the others and they were all able to put in their input to that as well. The impact that it gave is that they were all able to be there to listen and give feedback on everyone.</p>
<p>Step 2 Feelings</p> <p>At the beginning of this experience I had a different view of how the clinical would work due to the fact that I expected the typical "hospital" clinical routine. But as we went on, I thought it was the coolest thing to experience just because it was very different due to the fact that we were kind of independent as long as we followed a group based off the schedule. I enjoyed being able to listen to everyone's experiences and hearing what the counselors taught everyone. I felt very welcomed and engaged in what I got to experience. The atmosphere of The Ranch is very nice and calming. I did enjoy being able to walk outside verses the hospital. I think the final outcome and emotion was that you could feel welcomed and that everyone was there to help.</p>	<p>Step 5 Conclusion</p> <p>As bad as this sounds, I can't really think of any possible way I could have made the situation better? I feel like everything ran very smooth and there was no conflict. Everyone there was welcoming and the patients were very nice and ready to learn. I don't think there are any other ways anyone could have made the situation better as well. One thing that I learned from this event is that there are different settings in nursing that are very helpful for patients. Seeing group therapy and see how patients were able to interact with each other was very cool to see and to see some of them help other patients was neat as well.</p>

Step 3 Evaluation

There were many good things about this clinical. First off, it was something very new and a new change. Change is good! What was cool is that it showed a different setting of nursing. Another thing that was cool is that you could see the patients being able to interact with each other which is very nice! The only thing that was difficult was the weather for today's clinical it was very windy and cold. I think everything went well and there was positive feedback. I was able to interact with the group. I did expect a different outcome because I am so used to the hospital setting verses this setting.

Step 6 Action Plan

Overall, I enjoyed this setting of nursing. Seeing this setting actually made me very interested in psych nursing. I enjoyed seeing other patients being able to be engaged with each other and help each other and that part I really liked. This makes me excited to be able to see how Sunrise Canyon is as well and to see how that setting is compared to the typical hospital setting. One thing that this experience taught me is to be a very good listener to your patient and hear everything they have to say.

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