

Covenant School of Nursing Reflective Practice

Name: Addison Fassauer

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<p>Step 1 Description</p> <p>Today was one of the best experiences I had within the PMH block. I went to the outpatient clinic at Sunrise Canyon. I had confidence today because of the positive feedback I got from other students. As I arrived, the nurse and I were on the move by assisting patients with injections and blood draws. I was so comfortable in my environment that I preformed more clinically than I usually would. I completed over 10 to 15 blood draws on variety of patients. I also was able to give IM injections in the deltoid and gluteal muscle. Finally, I was able to assess a patient by using the AIMS tool. I learned so much from this experience that I even ask if they were hiring. Today was educational and it has improved my skills as a future registered nurse.</p>	<p>Step 4 Analysis</p> <p>What I can apply from this experience to previous knowledge is how to properly use the AIMS tool. The AIMS tool, Abnormal Involuntary Movement Scale, is to measure involuntary movements that are observed from the patient. Referring to the textbook, <i>Essentials of psychiatric mental health</i>, I was able to educate the patient why this test is performed. The patient was able to have a clear understanding on why we needed to perform this type of evaluation. After completing the assessment tool, I was able to write in the comments section of her concerns. They are not involuntary, but it does address the potential issues that could be arising. The nurse evaluated my performance and added necessary details if needed.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was excited to step foot in a specialty that I have not experienced yet. This was the clinical side of a psychiatric facility. Throughout the day my confidence began to build as I started to get into the flow of things. The nurse was educating me on each patient, so I was able to get an understanding of why they were there. Majority of the day, I was educating each patient about their medications, assisted/preformed in clinical skills, and gather consents from some patients. My overall feeling about this experience was completely satisfying. I have no negative comments to add to my experience.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, there was not one thing I could have done differently. This was the first time I was able to feel confident in my performance. I did use therapeutic communication with each patient, and I have noticed my communication skills have improved. I did learn that I need to remember that I am still a student. I should remove my anxiety completely and ask as many questions as I can. I am here to learn, and I am so proud that I overcame the fear of being a failure. This experience was something I needed to become a better nurse for my patients. Confidence is the key to success and today proved it.</p>
<p>Step 3 Evaluation</p> <p>What was fantastic about the outpatient clinic was that I did not experience any negativity. Not from the staff or from the patients. One patient was so kind that he cheered me on while I was doing a blood draw. This made me feel so good about myself and for patient. From reading the chart and comparing it with the observation of their status today, their</p>	<p>Step 6 Action Plan</p> <p>The action plan I can draw from this experience is to be proud of my accomplishments and be confident. I never had this kind of love and positivity for myself. I always felt if I made a mistake in the unit or at a facility, they would remember that I, student from Covenant, is a failure. In the future, I need to apply these concepts to my practice by being the confident</p>

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mental health has changed drastically. Now, this patient is being compliant with their medications, and it has changed their mental status for the better. They were able to find resources to achieve a better quality of life. I was able to contribute to several patients but this one in particular will forever hold a special place in my heart.

person I am outside of nursing. It will not only benefit my performance, but it will benefit the patients overall care plan. I can use this experience as a learning block and add it to my future career. I am so thankful that this door finally opened so I can gather more experience for myself and not just observe another nurse.