Covenant School of Nursing Reflective Practice

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	Step 4 Analysis
For my clinical day I got see a different perspective of what patients with addiction actually go through and how they actually feel. Once I arrived to my clinical, we were sent to the women's house and were able to observe them through out their daily activities the program has scheduled for them. I got see them during their breakfast, morning gather, meditation, chapel, lunch, and cleaning hours. For the most part everyone is very independent. There is workers going around with pads checking up on the patients. There is cameras for security and patient safety.	I feel like going to the AA meeting the day prior gave me a glimpse of what I would be seeing during my clinical experience. It was surprising to me how similar the meetings and topics were. I felt like I had been prepped for my clinical. In both settings everyone was welcoming with no judgment. In both settings I was able to learn things I didn't know about addiction and better understand what they are going through. From what I heard the patients mostly feel pain. I've learned that they have gone through difficult things in their lives, and they are now trying to heal from it all.
Step 2 Feelings	**Step 5 Conclusion**
I feel like I really learned a lot from this experience. Usually, I would think that bad habits are what create addictions. There is much more to it than just a simple bad habit. During meetings I was able to learn from the patients when they would get together in a circle with a counselor, introduce themselves and speak a little about themselves, and how they're feeling that day. One of them got to me. That patient had mentioned that others that don't understand them think it is a choice to have an addiction and it is not, it is a disease that is hard to get rid of, most of which are created by pain. It made me view things differently. These patients suffer and are there because they want help and want to be saved from was is hurting them even more.	I learned the staff are so busy following the patients or locating them to make sure they're safe. There wasn't much interaction with the staff. I feel like if we would have been able to interact with the staff more, we would be able to get their perspective on what they do and feel. Although you can get information from just observing the staff, it's nothing like interacting with them about it. I was actually able to ask what they do on the pads but that's as far as I could get with questions since they were so busy. I do understand they are busy keeping patients safe.
Step 3 Evaluation	**Step 6 Action Plan**
I did expect a different outcome. I expected for patients to be mean and rude. Little did I know these patients were going to be one of the most welcoming people. Being able to observe them through out the day and listening to them made me learn from them more than I would've thought. It was sad to hear some of their stories or how they were feeling afraid to going back to their addiction. When the counselor was passing the coins to patients that were going to be moving on from the program successfully, everyone in the room would hold the coins and say some inspirational words to the patients leaving. I contributed by also giving them encouraging words even though I had just met them.	Overall, I am grateful I was able to experience this clinical because I was able to learn from this community. This changed my perspective and has taught me very valuable lessons. I will be taking this experience to my nursing practice to make my patients feel welcome and safe. I want them to know if they have an addiction, I may not know the pain that they are going through, but I want to let them know I am here to help them. Especially if they are ready to seek help. I will be able to guide them and give them the resources they need. Addiction is not just a bad habit, it's like a disease and is difficult to cure.

Prehospitalresearch.eu – licensed by CC 4.0