

Covenant School of Nursing Reflective Practice

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<p><u>Step 1 Description</u> During my clinical at Dove Tree, I got to experience multiple of their daily meetings. The meetings were broken down into groups based off a patient’s addiction or reason for admission. The first few groups that I attended were small and more personal. Patients would share how they were currently feeling for the week, what they might need help with, and then asked if they were open to advice from others (I really liked this aspect because it prevented opinions being given where they weren’t wanted). Every person around the table got to talk and give their feedback or state a need they had. Sadly, 2/5 patients stated that they felt like nothing was being done for them and haven’t felt heard or seen their whole stay.</p>	<p><u>Step 4 Analysis</u> Thinking about it now, I wish that I would have taken more initiative to pull them aside and talk. We weren’t really introduced or informed on how the days schedule was laid out until about an hour into the clinical when a patient explained. I think this may have led to my decreased confidence after meetings because I felt I started the day out unprepared. As well as going into our second meeting and being notified that the other teachers had called in so there was going to only be one teaching multiple groups. Leading to multiple patients getting agitated due to their normal routine now being messed up, only causing yet another barrier for me to try to approach.</p>
<p><u>Step 2 Feelings</u> When I first heard these two patients say that they were on their last week and hadn’t felt heard or that they hadn’t gotten useful help, my heart sunk. We had been told there was staffing issues, so I took that into account overall, but after the patients explained the situation, I felt there was a need to do better. They came here to better themselves and were fully involved in all activities throughout the day yet had never received a one on one where they felt like someone was acknowledging them nor resources, they had asked for multiple times. After these concerns were voiced one of them said they were open to advice. Immediately, the others surrounding the table gave multiple resources for the areas he was needing them, as well as prospective from their personal experience which ended up bringing a sense of peace to the meeting.</p>	<p><u>Step 5 Conclusion</u> Now reflecting on the day, I realize that I should’ve looked at some of the events today in a different prospective myself. There were multiple opportunities for me to bring some positivity to an aggravating situation, but I let my anxiousness take over. I tend to get in my head a lot and that only hinders the experiences I could be having, so I’m constantly working on that. I now understand and have been able to identify what was holding me back and how I could do better. Today I not only learned a lot about the patients but also about myself.</p>
<p><u>Step 3 Evaluation</u> Throughout the day I kept that in the back of my mind. It continues to affect me even now. I was once in that same position, and it only added on to the helplessness that I was already feeling at that time. A sense of belonging and understanding is such an important piece to recovery. I was glad to see that he was surrounded by friends that gave him reassurance and some options for his future, making sure that he felt seen.</p>	<p><u>Step 6 Action Plan</u> I’m now going to practice being more present in situations I feel I can add positive reinforcements in. Instead of worrying and letting my anxiety take over, I will think to myself on how I can tackle a situation better and go for it. I will do better also reaching out to others for ideas to ease anxiousness as well as some different ways to approach patients where they won’t get more agitated. I will now try to go in more prepared, communication wise, and be able to provide continuous feedback/advice without shutting down. I look forward to being able to implement these plans in future clinicals and my career.</p>