

# PMH CSON Student Community Site Verification Form

Instructional Module: IM 6

Student Name: Kambree Irvin

### Instructor Contact Information:

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Community Site: Dove Tree Date: 5/24/22

Student's Arrival Time: 0800 Departure Time: 1600

Printed Name of Staff: Trina Limon Signature: [Signature]

Community Site: Hub of the Plains Date: 6/6/22

Student's Arrival Time: 8pm Departure Time: 9pm

Printed Name of Staff: Chad W. Ramsey Signature: [Signature]

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

Community Site: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Arrival Time: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Printed Name of Staff: \_\_\_\_\_ Signature: \_\_\_\_\_

# AA meeting

## Covenant School of Nursing Reflective Practice

Name: Kambree Irwin

Instructional Module: 6

Date submitted: 6/7/22

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p><b>Step 1 Description</b></p> <p>I wasn't sure what to expect when attending an AA meeting so I was a little nervous. At first I felt like I was invading their privacy, but they were all very welcoming. I attended the 8 o'clock meeting at Hub of the Plains. The inside was nice and was somewhat what I expected. We went over the 12 steps, read reflections, then had group discussion. The members had a choice whether they wanted to share or not, but they were encouraged to express how they were feeling.</p>	<p><b>Step 4 Analysis</b></p> <p>There were several people who said their brains aren't wired normally &amp; that's a reason they became addicted. I know this is somewhat true because addiction is considered a mental illness. Many of these people experienced overwhelming stress and were just trying to find a way to cope. Most members had similar experiences with addiction. Some talked about being in control and having the choice what they do with their body.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt like I was imposing on their meeting but as I stated above, they were all very welcoming. They even told us to come back any time we wanted. During discussion several members shared their stories. It was sad but also inspiring since so many of them have been sober for many years. There were a few stories that made me emotional. Each member supported each other &amp; provided no judgement towards one another.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think instead of saying I was just listening, I could've spoke about my friend who dealt with addiction but never sought out help &amp; ended up dying from drinking &amp; driving. These members are already a step closer than he was because they are getting the help they need. I've learned that addiction takes time to recover from &amp; even after 10 years of being sober the temptation is still there. They have to fight it every single day. Just showing up to those meetings show that they have what it takes to overcome addiction.</p>
<p><b>Step 3 Evaluation</b></p> <p>I thought the entire event was a good learning experience. The only difficult part was being called on &amp; I had to say I was just listening. However, there was a few people there who were just listening or were there supporting others. I don't think anything went wrong &amp; I think it was a very successful meeting for all the members. I was a little surprised by the variety of people there. One was around 21 years old, there was a nurse there, and couples who battled addiction together.</p>	<p><b>Step 6 Action Plan</b></p> <p>As a nurse, I think just taking the time to listen to your patient can make all the difference in the world. Nurses need to provide a nonjudgemental, safe area for these patients. We aren't there to just administer meds and perform assessments. We need to comfort our patient and take the time to understand their situation. In the future, I will comfort my patients and take time out of my day to listen to them or just sit with them so they know they are not alone.</p>

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