

Reflection

Outpatient Psych

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I never in my wildest dreams thought that I would love this clinic so much. When I first got to the clinic, I was a bit nervous to see what kind of patients I would have to encounter but as the day went on, I was able to meet so many different and fun people. The staff was amazing and so helpful. I was able to give injections and I was also able to see what bipolar and schizophrenia looked like. We had a patient that had a concern that someone from the front office told her church that she had mental issues, and she was afraid of getting kicked out of the church she attended.

I felt so bad for this patient because she said she had already been kicked out of another church and it is so sad that people feel like they must hide their mental illness from the world so that they are not judged. For this patient, I think her emotions about trying to hide her illness was a big concern in her treatment because if she can not accept her mental illness then how can she really manage it daily.

It was a little difficult for me to hear the patient talk about not being accepted by a church because I felt that is all she really wanted from the church. Also, her mental illness may have made her a little suspicious of others around her. I did not speak to her about her concerns, but I did witness one of the staff members assure her that everything will be ok. When the one of the staff members spoke to the patient and listened to her without judgement, she felt heard and accepted and when she left the clinic she left in a positive mood.

I learned that patients like mine just want to be heard and taken seriously. They have mental illness and the public assume that they do not know better, or their judgement is off because they are mentally ill. I have also learned these patients are just like us just with more color. I loved being in this clinic and I really enjoyed seeing people who are not as boring as I am. I judge this place before I went, and I will never do that again. I judged these patients and their ability to really have a conversation or how these patients look and how they acted, and I was wrong in every way. Some patients have regular jobs and families that love them and take care of them every day while working a full-time job and taking care of the families they have.

After attending the outpatient clinic at sunrise, I feel more confident about taking care of patients with bipolar or schizophrenia and any other mental illness that I will come across as a nurse. There is still so much to learn but I am so excited to learn about these patients. This experience has made me see psych patients in a different light. I really would like to work in a clinic just like this one because of the patients they have the pleasure of getting to know. I also liked that the nurses knew the patients because they come on all the time to get an injection or to talk to the physicians. It was really a great unit that I saw, and the nurses worked so well together even though some nurses are so brand new to working at this clinic. Sheila was so amazing at her job. I can apply what I learned in this clinic when I work with psych patients in the future. I will be more open to listening and communicating better with my patients.