

# Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b></p> <p>This morning after I arrived at Sunrise Canyon there was a miscommunication about which Nurse I would be following for the day and I was directed to the inpatient portion of the clinic. After the miscommunication was cleared up I was able to meet the Nurses working in the outpatient clinic and we spoke about what their daily tasks are and what it takes to work at this facility. For most of the morning I was giving injections with the MA and watching the Nurses fill out paperwork online. After lunch one of the in-person physicians can into the office and the clinic got busier. I was able to assist with blood draws along with give injections.</p>	<p><b>Step 4 Analysis</b></p> <p>Due to having limited knowledge about psychiatric illnesses, there was not much I could apply to today other than my experience working with mental health patients at Covenant. Most of the day was spent behind the nurses' station or drawing blood, and I did not get much patient interaction, and I never knew what the patient was being seen for. The majority of the patients were seen by their physician online and left after signing the paperwork. I never once saw anyone take vital signs, which from what I previously know, can tell you a lot about a patient's health by their vital signs; even our mental health can affect them. Due to being by myself today, I am unsure if it was just a slow day, and that is why I felt there was not much I could do or learn; maybe my other classmates will have different experiences at the clinic than I did.</p>
<p><b>Step 2 Feelings</b></p> <p>This morning while I was in the inpatient portion of the clinic, I encountered some very interesting patients I enjoyed learning from. However, the nursing staff there were not kind and yelled at me due to miscommunication and the fact I was brought to the wrong side of the facility by another staff member. That was frustrating and disappointing as I was interested in working at an inpatient clinic after graduation. While I understand their frustration since I was not meant to be there, I should not have been treated in such a rude manner by the staff. The outpatient clinic staff members are very kind and willing to answer questions; however, they have minimal patient contact compared to nurses who work in the hospital, so I was disappointed by the experience. I felt I did not learn much about psychiatric illnesses due to the type of care the outpatient clinic provides, as the majority of the patients are medicated and are there for follow-up visits. I also wish I had taken the time to review the pharmacology powerpoint before going today as I wouldve better understood the mediactions I was giving.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall even though I was frustrated in the morning, it was not a terrible day, but something that could have made it better is if I had access to their computer system and could look at their charts to learn more about the patients and their psychiatric illness. Not knowing about the patients I was interacting with meant I was not learning as much as I could have. What I could have done differently was stand up for myself while being yelled at by staff as I was directed to that portion of the clinic, and the miscommunication was not my fault. By doing that, I probably would not have been so timid meeting the other nurses and would have felt more comfortable in the facility. I also could have looked into the medications more even, though I was unaware of what tasks I would be performing that helpful tip would have made a difference.</p>
<p><b>Step 3 Evaluation</b></p> <p>Positives from today included getting to practice drawing blood, as that is not something I often have the opportunity to do in the hospital. I also gave injection medications since I usually give IV and PO medication. Overall the experience was easy as I have previously learned these skills, and none of the patients presented with challenges or misbehaved. Something wrong with the facility was their use of sterile technique; medications were not prepared correctly by the MA as he would toss the needles and syringes on the counter, not caring about keeping the connections sterile; as well, he would not wipe the vials with alcohol before drawing up the medication, and he would never recap the blunt needle before placing it in the sharps bin. The nurse I was following did not wear gloves to draw blood or put urine into lab tubes, making me uncomfortable.</p>	<p><b>Step 6 Action Plan</b></p> <p>Unfortunately, I did not find going to the outpatient clinic as beneficial to my learning experience as intended. Not to say that I did not try, as at one point, I was stapling papers together just to be helpful. The lesson I learned today was to not only do what is best for my patients but also to do what is best for me. I should not have let someone make me feel inferior due to a misscumminication and the fact I am a student. I have been very fortunate to this point that other nurses at other facilities have been accommodating, understanding, and professional towards students, and not every staff member will be as professional and kind. The conclusion I can draw from today is that for the clinic, it was a slow day, and maybe other days of the week are better to learn from.</p>