

Covenant School of Nursing Reflective Practice

Name: Alexa Pagano

Instructional Module: 6

Date submitted: 3/23/23

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

| | |
|--|--|
| <p>Step 1 Description</p> <p>I went to DoveTree on March 22nd I sat down and had conversations with some of the patients about their experiences and feelings. I attended every class that the patients were offered throughout the day. My main role was to be a listener, and learn about how the patients are emotionally affected. All of the patients were recovering from addiction.</p> | <p>Step 4 Analysis</p> <p>I can apply my previous knowledge of patient communication, to this experience. The studies surrounding addiction being related to another mental health disorder such as anxiety and depression is relevant. The broader issue that arises from this event is patients of addiction being judged for their disease. As nurses we have to be empathetic and comfort the patients. The impact of patient perspectives is to understand that addiction is not their fault and we need to give them the resources to help.</p> |
| <p>Step 2 Feelings</p> <p>At the beginning I was feeling uncomfortable and nervous. I was thinking that the patients wouldn't want to interact with me. Although the patients invited us to sit in the living area and were interested in speaking to us and teaching us about their personal experiences. The most important emotion I felt was empathy. This is important because addiction is a disease but these patients can be judged from others.</p> | <p>Step 5 Conclusion</p> <p>I could have made the situation better by initiating more conversations with patients. I waited until they invited me in because I felt as if I was invading their personal space since it is some of their home for many weeks. The staff could have made the situation better by giving us more guidance about their role. I could have asked more questions to patients to extend conversation. I have learned that many of these patients want help, and seek it themselves.</p> |
| <p>Step 3 Evaluation</p> <p>What was good about the event was that I was able to hear patients feelings and emotions, first-hand. What was not as good, was that I was never able to observe the nurses role at the facility. What was difficult was hearing patients get emotional about their situation, and knowing how to communicate. I believe I did a good job at listening and being empathetic towards the patients. The patients did well at sharing their experiences, and being vulnerable.</p> | <p>Step 6 Action Plan</p> <p>Overall I thought that it was helpful in growing as an empathetic, caring nurse. With hindsight, next time I would like to learn about what the nurses role is at the facility. We experienced the day in the patients eyes, rather than the role as a nurse. Although at the same time I thought it was eye opening to experience the day as the patients do. I will use this experience to further improve my practice by implementing empathetic, caring nursing and actively listening to my patients.</p> |