

# Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b></p> <p>I was assigned to go to Dove Tree with another student. Upon arriving, we were a little confused about what was expected of us. The nurse told us to follow the schedule and attend the classes that are scheduled throughout the day. We were mainly observers, rather than our usual student nurse role. The result was a good learning experience after being put in their shoes.</p>	<p><b>Step 4 Analysis</b></p> <p>I was speaking to one of the patients and he seemed to be pretty positive about the situation. He told me, "You're going to get out what you put in, while being here." I believe some people have a negative outlook on rehab and go into it with that mindset, so the experience starts off on the wrong note. We were informed that all the employees had suffered with addiction and were now sober, and because of that, the patients had more respect for them. I believe that's important because they can relate to the patients and show that sobriety can happen if you want it for yourself.</p>
<p><b>Step 2 Feelings</b></p> <p>I have had experience with sending someone close to me to rehab, and then it failed for them, so it was nice to see what goes on there. I enjoyed watching the relationship between the nurse and the patients, because it felt like one big family. It was obvious that the nurses wanted to help them feel as comfortable as they could while they were there. During lunch, we sat with a few patients, and they explained what had gotten them to rehab and how they felt being there. I felt intrigued and engaged the entire time they were speaking, because I know I'd want to be heard if I was a patient like them.</p>	<p><b>Step 5 Conclusion</b></p> <p>We spoke to different people, and some were confident that they would continue sobriety afterwards, while others knew they were going to relapse. A patient stated that they were told, "one in ten of them were actually going to be sober after rehab." You want to be honest with them but saying that doesn't really give them much encouragement. That puts in their head that they are expected to fail when they leave. Of course, we can't control what someone does, but I think encouraging sobriety more would be beneficial. If I were a counselor or worked at a rehab center, I would give as many resources as I could to aid in their success.</p>
<p><b>Step 3 Evaluation</b></p> <p>One of the patients saw us walking around, looking a bit confused/lost, and was nice about showing us what he does in a day. We sat in on one of their "Processing Meetings," and it gave me a new perspective of how they feel towards themselves after hearing them talk. My favorite part of the day was attending "Music Therapy." Whoever wanted to, got to choose a song to play, and after the song was over, they shared what the song meant to them and how it made them feel. It was easy to see that music is an escape for them, and it put everyone in a good mood.</p>	<p><b>Step 6 Action Plan</b></p> <p>If I were to do anything differently, it would probably be to ask more questions, if they were comfortable with it. I would ask them how they would want to be treated by a nurse and if there was anything I could do to help strive for success with sobriety. I learned some new exercises that can help calm someone who is suffering. Listening to music, breathing, stretching, etc. are techniques I'm going to bring into my nursing practice. Doing so will help earn the trust of the patients I care for and show them that I do care about their wellbeing.</p>