

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>It was interesting to see how outpatient mental health clinics work. I had the opportunity to help at Sunrise Canyon. I was able to watch patients get medication injections that were antipsychotics. I was able to help with assessments for patient's visiting Sunrise Canyon. I had the opportunity to witness new patient's getting their vitals taken and describing how they were feeling. It was interesting to hear about all of the mental health problems you can treat as outpatient.</p>	<p>Step 4 Analysis</p> <p>One thing I can apply is that many people in this world have mental health problems. They do not want to be judged for things they cannot control; they want to be treated like "normal" people. There are many different perspectives in outpatient clinics. You have how the physicians see the situation, how the patient's see it and how us nurses see it. I think what I learned from this is the patient is always right, no matter my opinion and how it looks like from the outside looking in. 0</p>
<p>Step 2 Feelings</p> <p>At the beginning I was a little nervous because I had no idea what to expect. I have only ever heard stories about inpatient mental health clinics, not outpatients. I can honestly say I never felt in danger and always felt safe. There was never a moment I was by myself or that someone else was not around. One thing that did upset me is how little of a financial help they had. Their medications are held in a locker with a lock or in the fridge. There is no pyxis and most of their charting is still paper charting.</p>	<p>Step 5 Conclusion</p> <p>To make this situation better I can be there for the patient. Listen to their problems and try to help them heal. I also can make sure they do not feel judged for things they are not able to control. I have learned there are so many people who have a mental health problem, it is not out of the ordinary. I personally, should not be ashamed for having one as well.</p>
<p>Step 3 Evaluation</p> <p>I had a positive experience at the clinic. It is not at all what I expected it to be. The nurses are mainly there to handle medications and call other physician offices, there is not much patient care. There is a lot of downtime in outpatient clinics. One event that happened that was there was a fight between two patients in the parking lot before their appointment. It was difficult knowing they do not have a lot of money to treat all of their patients.</p>	<p>Step 6 Action Plan</p> <p>Overall, I am happy and excited I was able to have the opportunity to attend this clinical. It showed me how outpatient mental health patients are treated. I can apply what I learned in the outpatient clinic to the hospital setting. Such as, not defining them by their diagnosis. As well as showing them they are not different than many other people and we do not judge them.</p>