

Covenant School of Nursing Reflective Practice

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Instructional Module: IM6

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<p>Step 1 Description</p> <p>At Sunrise Canyon Outpatient clinic they treat patients who are diagnosed or struggling with mental health issues. While there, I was able to participate in the assessing and treatment of those who are being followed up on. I worked with four clinic nurses who each had different roles in the patients care. The different tasks included lab work, medication administration, making pharmaceutical orders at different pharmacies, physician reporting as well as clerical work. Each nurse had a delegate role, but they all assisted one another when necessary.</p>	<p>Step 4 Analysis</p> <p>I was able to create a rapport with each patient and use therapeutic communication with them. Using therapeutic communication allowed each patient to feel heard and understood, which led to better outcomes from their visit. If the feelings are tense between the patient and nurse, they may feel too uncomfortable to disclose information to us and have outbursts due to them no longer wanting treatment because they don't feel as though we're listening to what they have to say. This could lead to improper care of the patient. I feel like others have had similar experiences in this clinic and can maintain a friendship between themselves which is a vital factor when wanting to work in a clinic dealing with psychiatric patients.</p>
<p>Step 2 Feelings</p> <p>At first, I was a little nervous because I didn't know what to expect when coming into the clinic. I was thinking that the patients we would treat were going to be people considered unstable and for some reason I felt anxious as to how they'd be treated or how they would treat us. After speaking to the other nurses and staff, I could tell it was a safe environment that ensures each patient is well cared for no matter how severe or acute their disorder is and that we were safe at all times. I really enjoyed working in the clinic because the affect of everyone was positive and calm. There were a lot of similar disorders, but each patient's case or circumstances were very different from one another.</p>	<p>Step 5 Conclusion</p> <p>By being considerate and respecting these patients, I feel like the relationship will be better. There will be a sense of trust which leads patients to be comfortable with the staff enough to ask for help when necessary. Being available to assist one another, as nurses, helps keep tensions from occurring. Staying aware as to what is going on is very important in this clinic. By offering help and caring for these patients equally, helps create a beneficial clinical experience that all involved can feel comfortable.</p>
<p>Step 3 Evaluation</p> <p>Seeing the diversity and just how many people were affected by mental health issues was really eye opening. It was easy because a lot of the work we did was very repetitive in the skills used. It was difficult to see people who are suffering from diseases that not only affect them, but those surrounding them as well. I contributed by assisting the nurses with their tasks when capable of doing so. I think my communication with the nurses and patients was very professional and I was able to use my critical thinking skills when assessing them.</p>	<p>Step 6 Action Plan</p> <p>I think this experience was needed because it shows the different psychiatric diseases from a different perspective. I can conclude that by treating these patients, they are more likely to maintain a healthy lifestyle. The tips and tools I have learned during this clinical are things I can definitely use throughout my career. It has taught me to continue to treat everyone with the same respect because we don't know their circumstances. By going to Sunrise, I now have a great resource I can refer patients to if I were to encounter those needing help with their mental health.</p>

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