

Covenant School of Nursing Reflective Practice

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Step 1 Description

We were able to attend Sunrise Canyon Hospital for our psych clinical, and it was really interesting! Upon arriving the staff were really kind and welcoming, and we attended their briefing listening to what was going on with each patient. Afterwards, we followed nurses and other staff around getting to interact with patients and getting familiar with the environment. We were able to help with roundings, gather up for group discussions, snacks and lunch, and any tasks in helping the patients with their day. I also ran into one of the patients I was a sitter for during the summer while working, and it was so cool to get to see him again.

Step 2 Feelings

I was interested, sad, and scared all at the same time. And not scared of being there, but scared to say the wrong thing to a patient and triggering them. The first couple of hours I was observing the patients and just watching what their behaviors were, how they were engaging with other patients, or not engaging. I know I was there as a nursing student, but I couldn't help but just be in awe and feel so bad for these patients in their struggles with their mental health. The man I ran into, he is a 59 year old man who struggles with severe depression. I was sad because he was still struggling, but also glad he was there trying to get help, and he remembered my name calling me out just as excited! It just made my day getting to talk to him for a while.

Step 3 Evaluation

At the start of the day it had already started with two patients trying to escalate situations and wanting to fight with one another. I was shocked to see how quickly some of the patients can be fine one minute and then immediately violent the next. The way they have the hospital set up is good and it seems to work for the most part. How they decide who gets to go down the hallway to the cafeteria for lunch, or doesn't. Men and females are down different hallways, and what I thought was really good is how many aids are there to help out as well. Nurses were great with giving patients great care.

Step 4 Analysis

We learned so many different kinds of mood disorders and mental disorders, that actually getting to witness this first hand with patients was interesting. It leads you to think that so many other people who are undiagnosed or misdiagnosed are out in public struggling and you can kind of understand how these people end up being arrested and just seen as troublemakers when they actually need help and treatment.

Step 5 Conclusion

It was different in that I felt as if I wasn't helping enough since on med-surg we are used to running around and being overwhelmed at times. At Sunrise, sitting playing games with the patients or just watching them to make sure they are safe made me feel like I wasn't doing enough! But in getting to sit down and visit with the older man, you could tell it helped in making him feel better by just talking to someone. I don't know if I could have done anything different, but I did enjoy getting to see this side of nursing and engage with psych patients, who look just like your regular people or college students.

Step 6 Action Plan

I walked away with a whole new appreciation for the nurses who work with psych patients and the care they provide for their patients, while also trying to advocate for their patients. I can definitely apply what I learned at Sunrise to any other patient, and it's to remember no matter what, they are human and also need to be cared for just as anyone else does. I've also learned that I still hesitate when interacting with this type of patient, and will get better at knowing what to say or not say as to not trigger a patient making them upset. I want to be better at helping and knowing what to say to reassure my patient that I am there to help and care for them.