

Sunrise Canyon Reflection

PMH Rotation

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I did not know what to expect from a mental health hospital and I was very nervous after hearing some of the stories about the facility. When we arrived we met the nurses and sat in on report from night shift nurses. This did not ease my anxiety since the night before they had patients who had to be secluded, threw hot coffee on each other, and tried to elope. The nurses were very kind and happy to show us around. It was good to see that the patients were taken care of by all of the staff and that there was designated staff besides the nurses. I will say, sitting on the nurse's side was kind of boring. Most of the time they were on the computers charting and did not have much patient interaction which made the day go by very slowly. I enjoyed the day but I definitely do not think psychiatric nursing is for me. It is a good experience to have for any unit since psychology is important for healing but I do not see myself working in a psychiatric unit in this season of my life. I think in the future it would be a good idea to see if the students could get badges for the day because it was a little scary to be alone with the patients knowing that there was nowhere for us to go if something happened since the doors were locked. There was a situation with two men pushing each other while we were there, the staff resolved this quickly but it could have gone much differently if the unit was understaffed. Overall Sunrise was a great clinical experience and I think most of the students probably had a good time there.

