Covenant School of Nursing Reflective Practice

Name: Amber Peters Instructional Module: 6 Date submitted: 9-21-23

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Step 1 Description

Today at Sunrise Canyon was very eventful. The morning started out with a patient stealing a pen and stabbing herself. About an hour after that another patient climbed over the fence outside & escaped. Eventually this patient was found. During the next check we found one of our patients banging his head against the wall and he had to be decesalated. Last but not least while outside one patient found a baby bunny & squished it so hard its entrails popped out. A fight ensued afterwards and another patient was wailing uncontrollably. After we got back in multiple patients were upset with the rabbit murderer and multiple small fights and arguments occurred. The rest of the time there the staff was trying to decesalate

Step 2 Feelings

- Honestly I was kind of scared going into today. More fear of the unknown.
- As the day went on I felt more comfortable in the setting & with the staff.
- Early in the day with the first few incidents I was very curious and wanted to see how the staff decesalated
- During the last incident I felt sad for the bunny, empathy for the patients sad and crying & a little scared during the arguments & shoving and retreated back to the nurses station.

Step 3 Evaluation

- As mentioned before the teamwork was excellent.
- A team member tried to pry the bunny out of the patients hands and I don't know what the correct thing to do was but it seemed to make the guy more determined
- The first incident with the pen being grabbed happened so quickly that it made me wary & more aware of my surroundings.

Step 4 Analysis

- Specifically with the incident with the rabbit the whole unit was upset. It gave me a glimpse at how quickly things could turn to chaos.
- The patients were very upset at the animal cruelty and wanted to stand up and tell the one responsible he was wrong. One of these patients had Schizophrenia and when he was threatening the other guy many of the things he said were delusional and calling him the devil and cursing him.

Step 5 Conclusion

- I am not sure what I could have done to make these situations better.
- I was very impressed with the teamwork and quickness of the staff.
- Maybe if a staff member had seen the bunny first it might have been helpful.
- The patient who killed the bunny afterwards was very flat and sort of absent and so staff kept discussing if a shot was appropriate or if they could file charges.

Step 6 Action Plan

- Overall, even with the craziness, I really enjoyed the day. I don't know what I expected the unit to be like but it was not what I thought.
- I learned to be hyper vigilant and to keep an ear out.
- I also actually enjoyed doing and watching the psych assessments. It felt fulfilling to me to talk to our patients and discuss their futures and feelings.
- I actually had a lot of fun today

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