

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description This week I had the opportunity to visit Oceans behavioral hospital. I got to go out and socialize with the patients, attend their groups, attend their patient meetings and follow the nurses as they did their rounds and their charting. AS the students, we also got to observe them from the nurses station throughout the day.</p>	<p>Step 4 Analysis I think one of the biggest things to remember when caring for these patients is that they're still people, just like you or I. Although it may be necessary to watch what you say or do around them, it's still important to treat them as another person. AS you yourself would want to be treated.</p>
<p>Step 2 Feelings Before even entering the facility, I was a bit nervous. I just wasn't quite sure what to expect. AS the day went on however, I started to feel a bit more at ease. Although, there were still some moments where I got a bit more nervous, but it really depended on how the patients were acting.</p>	<p>Step 5 Conclusion I think if I could have done anything differently, I would've tried talking and or interacting more with the patients themselves. I think I was just a bit more on guard due to my history growing up that it caused me to be a bit more reserved.</p>
<p>Step 3 Evaluation Overall, I feel like my time at oceans went well. It was good getting to see what these facilities were really like inside. I did find it difficult at times however, finding exactly what to say back to some patients when talking with them. mainly for fear of upsetting them by saying anything wrong.</p>	<p>Step 6 Action Plan Overall, I really enjoyed my time at oceans. It helped getting to finally see the inside of one of the facilities we may send patients to. seeing what their day to day life may look like helps connect everything, especially when it comes to recommending a patient go to one of these facilities.</p>