

### Oceans Behavioral Hospital Reflection

This week for clinical I did my rotation at Oceans Behavioral Hospital. On the first day, Kaitlynn and I started out with the medication nurse. We watched her pull all her meds and verify that everything was correct for each patient before we went out to administer. She did not let us give any medications so all we did was observe. After about 2 hours following the medication nurse, we switched over and followed the charge nurse on one side of the unit. At this time, we were able to see her do her psychosocial, suicide, depression, and anxiety assessments on each patient. For the remainder of the day, we sat in on group therapy and the treatment team meeting. For the second day, I mainly was on the opposite side of the unit assisting the techs with patient care.

At the beginning of my first day I was anxious to see how this environment worked. I was nervous to meet the patients because of the stigma “psych patients” have. Although the biases were running through my head, I was still trying to have an open mind about this experience. Once I got to know the patients, I was able to be more comfortable with them and try to communicate and interact with them. Overall, I feel good about my experience with the patients and my nursing.

On the second day of our clinical, the patients had a dance class and all of us students participated in it with them. This was the highlight of my experience because it made the patients happy. What I enjoyed about this clinical rotation is that it focused more on therapeutic communication rather than skills. It was interesting to me to see how each patient varied. I noticed that each one had specific triggers and the way they reacted to those triggers.

What I have gained from my experience at Oceans is how important it is to realize that these patients are still human. There is such a huge bias against psych patients that people often

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overlook and treat them horribly. Just because they are considered a “psych patient” does not necessarily mean that they are always going to be violent.

In my opinion, I feel like we should have done one day at Sunrise, or a hospital that is not specifically geriatric, and then one day at Oceans. I feel these two environments give us the opportunity to see the wide variety of the psychiatric world. Since Oceans is a geriatric psych hospital, I think going to one that is not just geriatrics will give us more of a better outlook.

Overall, my experience was great. I worked out of my comfort zone and took a step at becoming a better nurse that utilizes therapeutic communication. Another thing that I found this clinical taught me is how to be a confident nurse. Not only being confident in myself and my judgment as a nurse, but also to be confident to stand my ground. If I feel like the doctor needs to get here as soon as possible because I feel the patient is deteriorating or in trouble and the doctor tells me they are busy, I want to have the confidence to be my patient’s advocate and deal with the doctor if that means that my patient lives. In the end, I not only learned a lot about psychiatry but also gained traits I will use on a daily basis working as a nurse.