

Oceans psychiatric hospital

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 10-25-2023

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| <p>Step 1 Description</p> <p>On my first clinical day I was on the geriatric side. Besides it being a psychiatric hospital, it was very similar to a nursing home. The patients had breakfast at 8 AM, I did a shower, went to group, lunch at 12 PM, and then played board games the rest of the time. At one point I did get a little nervous while playing uno because I won a couple of times and one of the patients started cursing at me but the situation deescalated quickly. My second clinical day went a lot slower because I was on the opposite side of the unit with patients ranging from 20-50 years old so they were all independent.</p> | <p>Step 4 Analysis</p> <p>From previous knowledge, mental health was not always seen as important as it is now. It shows how prevalent this is becoming especially among the younger population. A tech said when they first opened they only accepted older people, but they recently designated half of the unit for patients as young as 18 years old. This is a great change they made because this allows the adolescents to receive great treatment as well.</p> |
| <p>Step 2 Feelings</p> <p>At first I was feeling a little nervous. A tech, previous prison guard, opened a door for me and there was a male patient standing straight ahead with a black eye and cuts on his hands and the tech whispered to me to be careful with him. I later found out he had tried cocaine for the first time and started having paranoia that led him to stabbing a police officer while being arrested. I definitely was watching my back after hearing about his situation because he was constantly pacing back and forth all day long. Even the nurse tried avoiding him as much as she could because he was persistently asking to get discharged but the doctor stated it was not safe yet to allow him to leave the hospital.</p> | <p>Step 5 Conclusion</p> <p>I learned that the majority of these patients were admitted with suicidal ideation. From what I saw, they all really enjoyed going to group activities and it was beneficial. Some would even get out of group and continue to talk about what they learned. A female patient that was discharged today was telling us that she had gone to other facilities but Oceans really made a difference for her and she felt worthy again. She put a smile on my face because she was so kind and positive despite the battles she was facing daily.</p> |
| <p>Step 3 Evaluation</p> <p>I found it easy communicating with the patients and getting to know them. The nurse I was with the first day said to start the conversation with casual talk and they would eventually answer all your questions throughout the day without making it seem like an interrogation. One observation I did make while being there is that the nurses are rarely doing hands on patient care, they are mostly charting their assessments while the mental health techs are the ones on their feet the whole day making sure each patient is accounted for every 15 minutes. All their roles are important but it was definitely a more laid back environment overall. I'm sure they have their days and it could go bad super fast but for the most part it was a relaxed setting.</p> | <p>Step 6 Action Plan</p> <p>I had a great experience and I am so happy I was able to meet and visit with the ones I did. Some may view them as "crazy" or "scary" but they are human beings with feelings just like the rest of us. This opportunity will definitely help me in the future by having patience and viewing them as a whole. For example these patients being admitted with SI come in feeling hopeless, they are the most vulnerable they have ever been. All they need in that moment is someone to make them feel safe, important and worthy. The coordinators do a great job leading group and allowing discussions. I also sat in on the care team and it was great seeing everyone come together to make a plan for each person.</p> |