

Covenant School of Nursing Reflective Practice

Name: Joanna Laguna

Instructional Module: 6

Date submitted: 10/24/23

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<p>Step 1 Description</p> <p>This week, I attended clinicals at Oceans and also attended an AA meeting. At Oceans, I was with my classmates and we followed the nurses and other staff there. As a result, we were able to see and observe the different types of roles the staff plays and how cohesive they were and have to be to best provide treatment to their patients. At the AA meeting, I played the role of an alcoholic. I wanted to play this role because I wanted to see how different people act if I really needed such help and the result was somewhat overwhelming as the members there were welcoming and offered the help I needed.</p>	<p>Step 4 Analysis</p> <p>Just from past knowledge, I learned that often times, patients with mental issues experience immediate switches of mood. This is important to know because we don't want to let our guard down too much when we go around these patients, even though we feel like we have substantial connection to them. Also, it was interesting to see how a different perspective changes an interaction. As previously mentioned, I went in AA pretending to be an alcoholic while my friends went in as a student nurse. After the meeting, many met me and offered me their number and how they may help me whereas my friends met with the organizer and were taught more of what they do for the alcoholics.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I felt curious yet nervous. I thought that I needed to be cautious and I worried that I may say or do something that may trigger the patients or the members. However, these events made me feel more comfortable and confident about how I will interact with such population. The patients or those with alcoholism taught us how to talk to them effectively. At the AA meeting, the service worker even taught us things like how alcoholics often lie, so she gave pointers on how to sort of diagnose an alcoholic properly. That said, I feel that the most important feeling is having an empathetic emotion towards them as it helps bring patient and understanding.</p>	<p>Step 5 Conclusion</p> <p>At Oceans, I couldn't properly do an assessment as I feel like I'm not sure what questions to ask a patient in order for them to feel safe enough to open up to me. And to be able to do so, I would have to learn more about mental health and how to manage it.</p> <p>From this event, I learned how difficult it is for the patients to have to feel the way they feel, I learned how the treatment team consider the patients when it comes to decisions, and I learned that there are free resources available to help get one step forward to getting better.</p>
<p>Step 3 Evaluation</p> <p>What's good about this event is that I got to experience such events that will no doubt open my mind to multiple situations, thus understanding my future patients better. What was difficult though was that I couldn't help but compare myself to the patients. Some of them were the same age as me, if not younger, and I can't help but worry about how it seems that I feel how they feel and it is scary to think that a random trigger may tip me off the edge. It made me want to attend therapy as I experienced the impact it really had to just talk things out. What went well though, and different from what I expected, was that I actually interacted well enough with the patients and even made some of them smile.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation was very helpful in giving me the experience I need to understand my future patients. I can definitely use these lessons in the future to make better care plans for my patients. I can also apply these to other events as it gives me a sense of understanding and it taught me to be patient as I don't know what people are going through. Overall, these experiences are teaching me to make myself better by taking better care of my own mental health and it should and will improve my practice in the future.</p>

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