

## Covenant School of Nursing Reflective Practice

Name: **Joanna Laguna**

Instructional Module: **6**

Date submitted: **10/26/23**

*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<p><b>Step 1 Description</b></p> <p>This week, I was doing clinicals at Oceans with my fellow classmates. My role was a nursing student. I was not only following a nurse but I also got to follow other staff such as the Techs, medicine nurse, Therapists and even the doctors. As a result, I got to observe the different roles that work cohesively to better support their patients.</p>	<p><b>Step 4 Analysis</b></p> <p>During this clinical, my only knowledge is that often times, patients with mental disorders experience mood changes randomly. That said, I was cautious about my actions or words when interacting with them. A broader issue that may arise is that a sudden manic episode may be a stimulus to other patients. The staff, especially if understaffed, may have difficulty to manage the situation.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning, I felt nervous and thought that patients at Oceans were going to be difficult to approach. These are a result of my own stereotypical thinking. However, as I assessed the environment, it was not what I expected. I was able to interact with the patients and even got to know about their situation in their own perspective. Also through the experience, I learned not to be too comfortable with the patient. This is important because these patients may suddenly change their mood.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall, I felt as if this clinical rotation went well. We were given the freedom to follow whichever staff we wanted and even got to participate in activities and therapy.</p> <p>I learned from this event the ways on how to do proper assessment, especially when their answers are unreliable. Also, I learned to try to empathize with a patient and use observation to figure out how to properly and effectively interact with a patient.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about this event is that it helped improve or even remove my negative thoughts about a psychiatric facility. It was surprisingly easy to interact with the patients and I thought that the experience went well as we not only got to observe, we were also able to apply our nursing skills in the field. For example I was able to perform an assessment, provide a breathing treatment with the nurse, and draw labs with the lab tech. I expected a different outcome as I previously felt scared but the end result was such a beneficial experience.</p>	<p><b>Step 6 Action Plan</b></p> <p>As the purpose of these clinicals, this was a beneficial event for me as it will surely improve my knowledge and understanding of mental health thus allowing me to better relate with my future patients. It taught me the importance of being firm and patient. I was taught by the staff how to care for such patients. I believe this will all further improve my practice.</p>