

Covenant School of Nursing Reflective Practice

Name: Hannah R.

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<p>Step 1 Description</p> <p>My rotation at Oceans lasted two days and consisted of many team players that played vital roles. I assisted the NMTs and spent time with patients during my</p>	<p>Step 4 Analysis</p> <p>I have been able to apply communication skills and learn that there are stigmas surrounding mental health. I determined that society lacks understanding and the need for better mental health resources. I don't have a sense of where the gap lies in society. I feel as though others can agree that this situation is</p>
<p>Step 2 Feelings</p> <p>I was curious to attend the rotation, and while being there I felt positive. Most of the patients were stable and positive also; others were still struggling. The words and attitudes of some staff members could have been better. Overall, I feel empathy towards the patients and</p>	<p>Step 5 Conclusion</p> <p>I feel as though I can contribute to the situation of understanding patients by being at least one person that does and someone that can advocate; others should do the same. Staff should want to care for patients' feelings instead of making it a task. I have learned to take the time to</p>
<p>Step 3 Evaluation</p> <p>The good thing about the rotation was the experience; the bad thing was lack of understanding of the patients by some staff. It was easy to get to know the patients, but hard to comprehend their diseases. Myself and other students interacted well, and activities had good outcomes. I did not expect anything different.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel like my experience was very eye-opening. I have concluded that not all experiences surrounding PMH are bad. I don't think I would do anything different next time, I would just like to learn more about how diseases affect different individuals.</p>

This experience has taught me that I can make emotional differences in those that need me to, and I can practice this in the future.