

Covenant School of Nursing Reflective Practice

Name: Kayla Luyando

Instructional Module: 6

Date submitted: 11/16/23

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<p>Step 1 Description</p> <p>I was at Oceans and was able to observe patients from a range of ages from 19-92 years old. Some of the patients were going through withdraws from alcohol, having suicidal ideations, and were adjusting medications to be on a therapeutic level to help with their symptoms. I was able to be with a nurse while she was doing their assessments. She asked the patients how they were feeling, if they felt like harming themselves or others and how they rated it. I also got to attend group therapy sessions, activities, and sit in on and listen to the treatment team that involved a nurse, therapist, and psychiatrist. The team went over each individual's case and how they were doing and brought up any concerns. They brought in the patient as well and talked about any concerns they had.</p>	<p>Step 4 Analysis</p> <p>I feel like this will help me when I am in the hospital or really in any situation to help with understanding individuals going through mental health issues.</p>
<p>Step 2 Feelings</p> <p>Going into the facility I honestly felt a little nervous and was scared to say the wrong things.</p>	<p>Step 5 Conclusion</p> <p>I feel like Oceans was a great facility and really cared about the patients. I was not expecting to see how engaging they all were.</p>

Step 3 Evaluation

The good about this experience was that I got to see first hand individuals going through mental health issues and how THEY were feeling. It was easy talking with the patients and for the most part they all interacted with us students. I feel like all the staff at Oceans really cared about the patients. The nurses were very therapeutic when they talked with them and if the patients had a concern they would get ahold of the doctor or therapist. The MHT participated in events with the patients and talked with them as well.

Step 6 Action Plan

I enjoyed my time at Oceans the nurses and staff answered any questions I had. I went in nervous about interacting with the patients because often society often labels them as "crazy". They are humans as well and deserve to be treated with decency, empathy, and respect.