

Covenant School of Nursing Reflective Practice

Name: Marianne Dolar

Instructional Module: 6

Date Submitted: 12/6/2023

<p>For this week's clinical we went to Oceans Behavioral Hospital. We were on the west side of the hospital. Gabby and I were assigned to take care of the younger patients with the charge nurse Danielle. We also gave out medications with her. Earlier in the morning we were able to get to know the patients by bringing out their breakfast trays.</p>	<p>Most of these patients were having anxiety in a room full of people and it was amazing to see that they are asking coping techniques from the therapies. Everyone pretty much got involved during the discussions. In that moment, I realized that some of these patients do want to get better and it is hard battling the voices in their heads, but they are trying because they want to see and spend time with their families</p>
<p>I felt nervous at first because I did not know what to expect. Oceans is very different from the hospital. The assessments, med rooms, and distribution of medications were different. I felt uneasy being in the nurse's station because it is covered in glass, but the patients were very nice and they try to be welcoming so in the end, I felt comfortable and just talking to them made me feel better.</p>	<p>What I have learned from this clinical is that we often judge psychiatric patients. I admit, I expected that I will have aggressive patients that day. I was uncomfortable at first because I did not have a good experience with psych patients before, but I realized that most of them have no control over it. They are trying their bests to be better people and it is amazing to these people turning their lives around to be able to start again and be with their loved ones.</p>
<p>What was good about the clinicals was that the treatment team was very involved with the patients' care plan. They had a meeting and interview with each patient which is good because it is a very personal approach to address all the concerns of the patients. It was difficult to hear some of their stories especially the mom who lost her husband and kids in an accident. In the end, I was very impressed because almost everyone was satisfied with how their medications were working and early discharge requests were approved</p>	<p>I learned that the impact we have as nurses to our patients are life changing. Most of the patients appreciate what we do and so by treating them right and attentive to their needs we can contribute to their progress to get better. I realized this when they all thanked us for taking care of them/</p>

Prehospitalresearch.eu – licensed by CC 4.0

Adopted: August 2016