

Covenant School of Nursing Reflective Practice

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Instructional Module: **6**

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<p><b>Step 1 Description</b></p> <p>Witnessed several different mental health illnesses in both females and males, young and older patients. A female patient diagnosed with Bipolar Disorder had a manic episode where she was having symptoms of mood irritability, included self-harm, more talkative, and involvement in activities that had high potential for consequences with staff.</p>	<p><b>Step 4 Analysis</b></p> <p>The event displayed was textbook identical to the material I studied on mood disorders and the Bipolar Spectrum. From her general appearance and behavior to her thought content and process, the symptoms were a perfect match displaying a clear clinical picture of this condition.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt shocked at first and a bit puzzled. I wasn't sure what was going on with the patient since the environment was calm and everyone seemed to be getting along. I was looking for the patient's trigger behind her spontaneous behavior but there wasn't any.</p>	<p><b>Step 5 Conclusion</b></p> <p>The situation was handled perfectly by the nursing staff with a injury free outcome and de-escalation of her behavior. I learned the nursing process of implementation by communication, recognizing escalating behavior and early intervention, setting safety limits and avoiding power struggle with the patient.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event opened my eyes to psychiatric mental health's world and how many individuals suffer from these conditions without getting help. It also showed me how to handle these types of situations through nursing interventions and teamwork to maintain a safe environment for the patient and others until the episode subsides through therapeutic communication and medication.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall this event brought knowledge and preparation to my nursing practice for future care for patients who suffer from mental disorders. It has also brought awareness to me as a future nurse to help and advocate for these patients since most feel alone and unsupported. The nurse could very well be these patient's last relationship and positive experiences could change their life forever.</p>