

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

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| <p>Step 1 Description</p> <p>Today I was at Ocean's, working on the adolescent side. During the morning I talked with patients and attended group therapy. Just before lunch I witnessed a patient have a manic episode. The floor was cleared as the nurses communicated with that patient. After lunch I sat with the treatment team.</p> | <p>Step 4 Analysis</p> <p>I witnessed first hand the stigma that mental health has. It's sad that nurses, the person who is supposed to care for you, has stigma surrounding a mental diagnosis.</p> |
| <p>Step 2 Feelings</p> <p>I was nervous at first because I felt unprepared as the nurse just threw me on the floor. After talking to some patients my nerves went away. Whenever my patient was having a manic episode I was interested by how "textbook" they were acting. Everything I know & have learned about bipolar disorder was portrayed right in front of me.</p> | <p>Step 5 Conclusion</p> <p>If I went back to Ocean's I would not do anything different. I got out and interacted with the patients and offered help even when I was turned down. I liked this clinical but only because of the patients.</p> |
| <p>Step 3 Evaluation</p> <p>Going to Ocean's was good based off the patient interaction. I feel like I am less nervous about psych now. However, the nursing side was bad.</p> <p>↑ as you already know</p> | <p>Step 6 Action Plan</p> <p>As a nurse, I will acknowledge my students, teach them, and correct them if needed. I learned what not to do; which is ignore students and not tell them the rules. I will also check my own stigma regarding mental illness.</p> |