

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>For my clinical week 1, I went to Oceans. I divided my two days by first spending the day on the young adult side, where patients range from 18-50. The second day was spent on the geriatric side where patients were 50 and up. For both sides, we spend the morning helping to serve breakfast, interacting with patients and doing misc. activities, going to group therapy and then concluding with treatment team.</p>	<p>Step 4 Analysis</p> <p>Coming into this experience, I had this perception that this was a hospital where patients were miserable and didnt want to be there. It really was the exact opposite. The patients were so open to talking with us and really brought us into their world. It made me absolutely admire each one of them for being there, to get the help they need and desire. I have a brother diagnosed schizophrenia, who is unwilling to be medicated or seek help for his drug use. This experience gave me hope and motivation for my brothers case.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the first day, I was a little concerned about interacting with all of the patients. I thought that maybe the patients wouldnt want to interact with us. If felt they perhaps would be “against” us because they are locked in the hospital. I also had feelings of interest in learning about how the hospital worked in treating the patients.</p>	<p>Step 5 Conclusion</p> <p>I feel like what could have made this experience better, would have been getting to participate in more of the things we would do there as a nurse. Even getting to participate in the dispensing of daily meds would have been a great experience. I learned that as a nurse, working at a location such as this has its unique challenges, and is so different than the pace of a hospital floor unit.</p>
<p>Step 3 Evaluation</p> <p>The first hour of being there both days really felt like a waste. The staff were so busy in shift change, that we just stood at the nurses desk until 7:30 am. I interacted with most all the patients at different times. We played music trivia, colored papers, and just discussed our lives. It was interesting learning everyones individual stories, not only about what brought them there but also about their life. Group therapy was great to witness. I was surprised by how many of the patients opened up and discussed the subjects at hand. Anytime one of them would be emotional or have an anxiety attack, they would all really support one another and be there for eachother. It was great to witness!</p>	<p>Step 6 Action Plan</p> <p>This experience really showed me the many aspects of mental health and challenges different people may face. Everyone deserves to be treated with dignity and respect, no matter their issues. This experience made me appreciate my own tenacity and ability to cope, as well as appreciate the blessings I have had and the people I have had around me my whole life. I certainly realize so many are sadly not so lucky to be raised in a safe environment with a strong support system. It also has inspired me to try and help my brother seek treatment in a place such as this.</p>