

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>I spent two days at Oceans Behavioral hospital where I got to observe psychiatric care closely. My classmates and I spent our time split between the younger adult side + geriatric side. I got to color + talk w/ a few of the patients along with observing their group therapy sessions + treatment plan meeting. I was also able to try the assessment sheets on one patient + ask the charge nurses about their experience. Overall it gave me better insight over psychiatric + mental health nursing.</p>	<p>Step 4 Analysis</p> <p>I'm more able to apply the real life effects + perspective to the techniques + medications we've learned, specifically the adverse side effects of certain medications + how it affects some patients in the long run. There was also the topic of group therapy and being able to see in person how effective it really is, even as an observer. I think the other students had similar or slightly differing experiences. These differing perspectives allows for a more rounded view of the experience overall.</p>
<p>Step 2 Feelings</p> <p>I was initially nervous at the beginning since it was a completely new setting and thought about what I might be able to do as a nursing student. Overall the event made me feel curious about PMH and anxious. Some actions from a patient made me think about my safety a few times after being given a heads up by the nurse + noting a shift in their demeanor. The words of the providers also made me think about the nature of psychiatric care. Both of these things made me feel curious but also concerned which is my overall feeling I have over the experience. The most important emotion I felt was curiosity since it sparked my interest in the topic more.</p>	<p>Step 5 Conclusion</p> <p>I think maybe a more condensed time frame could make the situation better because we did wait for approximately 45 minutes in the waiting room on the first day. We also had a few moments of not having much to do since the patients would be absorbed in their activities. I also could have been more courageous + confident in interacting with more patients to learn more about them rather than from a chart. I think if a patient was stable enough, it would have been interesting to observe a nurse doing their observational assessment. Overall I learned that PMH has so many parts + staff working together for the patients.</p>
<p>Step 3 Evaluation</p> <p>The clinical was good in the way that it made me open my eyes + see some of the medications + techniques we learned in real life. It was also easy helping the staff + learning from them. It was difficult to approach patients at times because I didn't want to disturb them or potentially aggravate them. I was able to interact w/ one patient pretty closely + get to know them which I think went well. The other students also did really well with interacting w/ the patients + participating in their activities. The outcome was pretty on par + a little more friendly than I was expecting. Wasn't as expected was the treatment plan meeting mostly because of how many patients they have to see.</p>	<p>Step 6 Action Plan</p> <p>I think that it was a good learning experience overall + came to the conclusion that PMH is complex + multifaceted. This is mostly because we got to interact w/ the supporting staff a lot + observe the providers. In hindsight, I would have tried to talk to more patients or get more of them to join the activities besides TV. The lessons I learned from this clinical can be used to apply to information from lecture + to apply techniques that are also applicable outside of PMH. It also taught the realities of different types of nursing even w/ one behavioral hospital + I can use it to improve my communication skills as a nurse.</p>