

<p>Step 1 I arrived at Oceans in the morning and received a report sheet, listing the patients, their psych and medical diagnosis, and a short summary of how the patient was each shift since they got there. I looked around and talked to a few patients as they ate their breakfast. After lunch I sat in on the treatment team meeting. They started by talking about each patient and what medications they were taking, how their treatment was going, and estimated discharge times. After they called each patient in separately and asked them how they were feeling about their treatment and if they had any questions/concerns. Later on, I played charades with the patients and colored a few coloring sheets.</p>	<p>Step 4 I will apply this experience throughout my entire nursing career. It helped me realize how much even in a place to help people, mental health is still stigmatized. The stigma around mental health is a growing problem especially in the healthcare community. To be able to provide holistic care, us as healthcare workers need to be educated on how to help patients with problems that may not be something you can see. Throughout the shifts I kept thinking about when Ms.Maya said something about not making someone's hardest time harder when they are coming in for treatment.</p>
<p>Step 2 Going into this round of clinicals I was honestly very nervous. I just felt like I did not really know what to expect or what we would be doing. Throughout the treatment team meeting, I was excited to see how the interdisciplinary team worked with each other and was excited to see how they worked with the patient as well. During the meeting I was surprised by how the team worked together and then by how one doctor spoke to the patients. The way he spoke to the patients made me feel bad for the patient. Overall, the final outcome was good– through conversation I feel like the patients were listened to.</p>	<p>Step 5 During the treatment meeting I feel as if some of the other team should have spoken up more and been more of patient advocates. I learned how I should treat psych patients through observations of what I considered the better and worse way of approaching them. I learned a lot about de-escalating situations and spotting peoples triggers to try and stop any bad interactions before they happen.</p>

Step 3

The team meeting was good in the way that they started by asking the patient if they had any concerns or questions about their treatment and then how their treatment was going overall. One doctor talked to some of the patients very rudely and as if they had no idea what was going on. I felt as if I did a good job interacting with the patients, and treating them like actual human beings. I contributed throughout the two days by talking with the patients and keeping them company when they seemed lonely. I attended group sessions and learned a lot about how the therapists interacted with the patients.

Step 6

I will use this experience when having to de-escalate situations throughout my career. Overall, I really did enjoy this experience and feel like it was a good way to learn about psych patients. I learned a lot not really about nursing but about how to talk with patients and to be able to actively listen to what they have going on.