

## Covenant School of Nursing Reflective Practice

<p><b>Step 1 Description</b></p> <ul style="list-style-type: none"> <li>• I was able to observe the psychiatric unit for the first time on floor.</li> <li>• I was able to spend one on one time with a patient that had a mental illness I studied about.</li> <li>• I played the role as a nurse doing the assessment, asking how the patient was feeling and what moods they were experiencing.</li> <li>• Classmates also played the roles as nurses, getting to know their patient they encountered with, and was able to use their therapeutic communication as well.</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• I was able to identify the medications the patients were having to take.</li> <li>• The issues with some medication that I learned, sometimes the medication that was prescribed to the patient; either has a lower dose and needs to be increased or medication is not making any positive changes.</li> <li>• My classmates and I had different views of each situation, and it could have been from the different patients we had encounters with throughout the day.</li> </ul>
<p><b>Step 2 Feelings</b></p> <ul style="list-style-type: none"> <li>• I was nervous and eager to learn and observe in a real setting.</li> <li>• The event of being able to communicate with the patients was emotional for each patient that I encountered.</li> <li>• I was able to attend treatment team on the second day of rotation, and I was intrigued on how the doctor and the rest of the team worked together for the best outcome for the patient.</li> <li>• It was full of different emotions, getting to hear and learn about different illness can cause sad emotions.</li> <li>• I experience a sad moment with a patient diagnosis during treatment sharing.</li> <li>• This was an important feeling because it triggered a sad thought that was personal for me.</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• I would have liked to have a conversation with all patients that were willing to talk.</li> <li>• There were some incidents where other patients would interrupt during a one-on-one conversation during an emotional setting.</li> <li>• I was still learning on what to say with communication and was trying to find the polite way to let the person that interrupt that the other patient was talking.</li> <li>• I learned that it takes time and patience to work with mentally ill patients.</li> </ul>

**Step 3 Evaluation**

- I was able to put my therapy communication to use and learn about individual admissions to the unit.
- The two days that I spent at the unit, was full of learning, and being able to use my knowledge about different mental illness patients had.
- I was able to get response of personal information and emotions of one-on-one conversations.
- I was expecting to be some chaos throughout the day, and none occurred.
- I contributed by spending time with the patients getting to know who they were as a person and what lead them to being there.

**Step 6 Action Plan**

- I had some personal thoughts of sadness; I do understand some people did not ask to have the mental illness they are Dx with.
- The lessons I learned with engaging with communication, is to pay attention with what the patient says, sometimes things can be missed what was said, and can be helpful if something needs to be changed or updates.
- I can apply different types of communication with different types or conversations or even de-escalating a situation.