

Covenant School of Nursing Reflective Practice

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Instructional Module:

Date submitted:

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<p>Step 1 Description</p> <p>Getting to the site was a journey. I knew how to get there just fine but the weather that day was terrible. Wind and rain are not my best friends. Finding my way was fine other than that. I didn't know what to expect from the experience, so I was a little nervous walking into the building. I was greeted by some familiar faces from school which made me feel a little better. We waited for everyone to arrive and then the charge nurse guided us into the unit. The unit was split into two sides; Geriatrics and people under fifty. The nurses station was in the center. My first day, I was on the geriatric side and then I switched to the under fiftys side the next day. All the residents on both sides were so friendly and loved answering questions. I went to group twice each day and participated in the activities provided to the residents. Such as making collages, coloring, trivia, and karaoke. I performed two assessments each day that the charge nurse handed out. On my last day I got to go the treatment room where the providers and nurses discussed care plans for the residents.</p>	<p>Step 4 Analysis</p> <p>As I said, the treatment meeting was very educational. One specific instance where I pulled knowledge from lecture was when a women who was being treated for skitzophrenia. She was a geriatric pat who also had dementia. She recently moved into her sons house and would hide under the bed for days because she thought there was a tsunami outside. She would also talk to her deceased ex-filing and her second son who lives in Oklahoma. When she was brought in the physician asked what she hears. She told him she was hearing her son at the moment and sometimes hears her grandkids. She said that her hallucinations are always positive. He then asked her how far in school she got to. She said her third grade teacher treated her poorly and told her she was stupid and she never went back. When she left, the physician told us that he thinks she was experiencing dementia with possible mental retardation and doesn't think she has skitzophrenia. He prescribed a anti anxiety med and was going to assess how she does on that for a while and then they might titrate her off of risperdone.</p>
<p>Step 2 Feelings</p> <p>I was very nervous in the beginning. I wasn't sure what we. We're suppose to do. They told us to split up and handed us some assessment papers. Other than that, there wasn't any more direction. The residents started pop-corning in one at a time. They all said good morning and asked how we were doing as each passed by. When we first got there, the charge nurse gave us a few ground rules which sounded concerning. When everyone turned out to be super friendly, I was shocked. No one really told us what to do so we had to take some initiative and find activities to do. The staff for each side I was on were kind which made the experience nice. During group, I got to observe how the residents practice communication skills. In the treatment I got to observe the patients take part in their care plans. Witnessing the providers thought process during the treatment meeting was very educational. I also learned how much info the nurses collect themselves on the residents. Most of what the providers know about the patient's history come from what the nurses gather.</p>	<p>Step 5 Conclusions</p> <p>Overall I had a positive experience. Others stated that they didn't have the same. Unfortunately on both days the other group was having issues with some of the staff there. Apparently they got in trouble for playing cards with the patients and sitting with them. Then, when they got up from those seats they were told they couldn't stand around and needed to interact with the patients. On another day, one of the unlicensed staff members tossed their assessment papers to them and also told them they shouldn't have brought their pens in either. On the side I was on they were clear with us on what we could and could not do. They told us just keep in und the tables and chairs are for the residents and we were allowed to sit as long as we weren't keeping a resident from sitting. We were also told that when the residents eat they needed the chairs with tables so we knew when we needed to get up so they could sit. We were also told to just hide our pens or keep them in the office. My recommendation would be to have a clear run down on what we can and cannot do with everyone.</p>
<p>Step 3 Evaluation</p> <p>I enjoyed getting to see what it's like in a psychiatric facility. However, I'm a person who likes to perform tasks during a shift and stay busy. The nurses assigned to each side don't give meds and aren't physically with the patients as much I thought they'd be. The patient to nurse ratio can be sixteen to one. I also think that some of the unlicensed staff could be better when it comes to being compassionate. There were a couple instances where a resident spilled something or went to the restroom in themselves and the way the unlicensed staff would react left a bad taste in my mouth. For instance, a resident spilled her cranberry juice on one of the tables. The resident notified one of the nurse techs and as soon as she told her, two of the nurse techs turned to look at her. One said "are you serious?" And the other said "Really bro" and rolled her eyes. There was also a physician who was speaking to a resident and while the resident was trying to tell him about their hallucinations the physician kept talking over the resident. The resident couldn't clearly communicate what they have been experiencing.</p>	<p>Step 6 Action Plan</p> <p>Again, the only thing I wasn't found of was the lack of informing us of what to expect and what we can and cannot do. I think the things the staff was concerned about was valid but how they presented the feedback wasn't great. I was lucky and had great nurses who gave us a good run down. Unfortunately, we were spilt up by the time they gave it to us. I also wished we could've worked with the nurses more. We were sent out to the community center and were told to stay there and interact with the patients but I would've loved to either see what the assessment nurse does or go with the med nurse and distribute meds. I understand that interacting with the patients is very important and they were very appreciative about it too, but I wished we truly got to see what the nurses did during the shift. Overall, I had a great time at oceans. That experience is something I probably wont experience again so Im very grateful for the opportunity.</p>