

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>CMC I had a pt. going through withdrawals and also at risk for ectopic pregnancy.</p> <p>OCEANS I really enjoyed this facility I got to watch a pt. going through a manic episode. It was cool seeing the signs and symptoms and how they calm the pt. down.</p> <p>AA Everyone went around and told their personal experiences about being an alcoholic</p>	<p>Step 4 Analysis</p> <p>CMC I knew from my own knowledge that the s/s this patient was showing was from her withdrawal she came into the hospital with 2 different drugs in her system</p> <p>OCEANS I felt a bit overwhelmed by the new environment and the responsibility that comes with caring for mental health patients</p>
<p>Step 2 Feelings</p> <p>CMC I felt good that I was able to make the patient smile</p> <p>OCEANS At first I was nervous but it led to excitement</p> <p>AA Going into the AA meeting was quite awkward but I got more comfortable as everyone started to open up</p>	<p>Step 5 Conclusion</p> <p>I learned that some people use drugs and alcohol to cope with childhood trauma. I also learned that mental health patients need more support and encouragement from family members it plays a big part in their healing.</p>
<p>Step 3 Evaluation</p> <p>CMC The difficult thing about the even was the pt. didn't want to take the appropriate test to confirm an ectopic pregnancy</p> <p>OCEANS It was difficult seeing how young the patients were coming in self voluntarily I felt like it was my responsibility to make them feel comfortable and let them know I was there to help them</p> <p>AA The good thing about this event is that everyone comes together to self reflect and tell how alcohol ruined their lives</p>	<p>Step 6 Action Plan</p> <p>I feel a sense of purpose and fulfillment knowing that I had the opportunity to make a positive impact on in patients lives. It was a journey of learning, growth, and compassion.</p> <p>AA was a good experience it was a supportive environment where people come together to share their struggles and support each other in their journey to sobriety. They showed feelings of empathy and gave each other hope. It can be a powerful experience for those seeking recovery.</p>