

Covenant School of Nursing Reflective Practice

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Step 1 Description My two days at Oceans has been a very eye opening experience. I have seen 1:1 with a pt, sat & talked w/ the younger pt, & got to learn/use my assessment skills.

Step 4 Analysis The staff at Oceans really care & want the pt's to get better. I'm glad I got to see their treatment team meetings too. They make sure the pt's part of their care just as much as the team is. When these pt's came into OMC for help, I'm fortunate to hear Nurses talk about these pt's w/out trying to understand the situation. I know it's hard, especially w/ manic pt's but trying to be empathetic goes a long way.

Step 2 Feelings I was nervous for this part of the rotation. I don't see these pt's at their worst from having seen them in OMC at work. I knew they came here to get help, I just wasn't sure how it was going to go. But, I have learned so much from these pt's. They really just need someone to talk to. I'm glad I have been here to talk.

Step 5 Conclusion I really enjoyed my time at Oceans & was happy to learn about their careers. It was awesome getting to interact w/ assist & the pt's that were there. This was a very eye opening experience for me as I got to see how much support these pt's are given. I am grateful I got to spend the past two days here & I learned so much.

Step 3 Evaluation It has been awesome seeing how great the staff are. From therapists to MHTs, RDs, & activity coordinators, they have been willing to support these pt's & they truly care for them. These pt's have so many people & resources here to help them. It has been great to see the group therapy sessions & how the pt's open up.

Step 6 Action Plan Coming to Oceans & seeing how the staff supports their pt's has really stuck with me. Even though I won't likely be a psych nurse, I will take the support skills I have seen here & implement them into my practice. Psych pt's need just as much & some times more than our medical pt's. When I work the pt is psych, I'm going to do my best to support them, I'll tell them they are not alone & be empathetic to their situation.