

Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b>                  I was at Oceans Behavioral Hospital on 4-16 &amp; 4-17. I got to sit in with the treatment team &amp; see them visit with the patients. I was just an observer but I really enjoyed it. The result was that the patient got to express any concerns. I got to sit in with group as well &amp; it was very interesting.</p>	<p><b>Step 4 Analysis</b>                  I know that talking to these patients can be difficult so I was able to keep that in mind but still got to talk to this patient a lot. I believe he was paranoid because although the story sounded real, the loss of logic along the way led to the reason for the diagnosis. I think every patient was very different. Seeing the perspective of the psychiatrist really helped me understand a lot!</p>
<p><b>Step 2 Feelings</b>                  At first I would say I was scared. I was thinking there wasn't going to be much I could do but it turned out to be different. One patient was experiencing paranoia &amp; the way he was talking made me just want to listen more because I could tell he really needed to talk. It made me feel like I was doing something even if it was just listening. I think the most important feeling was that I was grateful to be there &amp; for what I have.</p>	<p><b>Step 5 Conclusion</b>                  I think we could have done better at making the patient feel supported. I think just telling him that we were there to help even though he may have known telling him directly would be better. I have learned that mental illness comes in many, many different forms.</p>
<p><b>Step 3 Evaluation</b>                  I think what went well was that they addressed the patients concerns. I don't think anything was bad. It was easy to get the patient to talk &amp; I think overall it went well &amp; helped the team get somewhere with their treatment plan. I think it went how I expected. I again was just observing &amp; listening but it went well.</p>	<p><b>Step 6 Action Plan</b>                  I had a great experience at Oceans. I made a few patients laugh &amp; smile &amp; that was enough for me. This taught me to be more aware of my biases &amp; how I can improve. I will use the communication techniques I saw for my own patients in the future.</p>

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