

# Covenant School of Nursing Reflective Practice

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Instructional Module: IM6

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<p><b>Step 1 Description</b>                  I was assigned two patients, who voluntarily, were admitted to Ocean's behavioral hospital. I spoke to both patients and completed their daily <sup>to</sup> assessments. I also got the opportunity to find out their history and reasons for being here. I was also able to help with breakfast and lunch duties, and be a part of the group therapy session. Towards the end of the day, I got to sit in the treatment team meeting. This involved <del>having</del> <sup>not</sup> <del>asked</del> each patient being called back, and asked to provide feedback on their patient care and goals while at the facility.</p>	<p><b>Step 4 Analysis</b>                  From what we learned, in lectures, the patients demonstrated several different characteristics and behaviors associated with mental health disorders. We observed one patient undergo several manic episodes, while another patient displayed flat affect and very little speech. Also, after speaking <sup>with</sup> the patients, I was able to discover resources utilized as well as family and community support systems. It was also interesting to observe how each interdisciplinary member at the treatment team engaged in plans of care. This helped showed the weeks and time spent on each patient's goals and how well they coordinated plans.</p>
<p><b>Step 2 Feelings</b>                  I was nervous going to the hospital because of my lack of experience working with patients who were diagnosed with mental health disorders. But after speaking with my patients and observing their interactions, I began to feel relaxed and willing to learn as much as I could. This feeling was important because I began to <del>realize</del> <sup>realize</sup> that my intentions and approach were perceived as helpful and sincere. This gave me a feeling of accomplishment, and my presence there was making a difference, even if it was small.</p>	<p><b>Step 5 Conclusion</b>                  One thing I feel I could have done better is doing more research on each patient prior to speaking to them. This would have given me a clearer picture of the patient and calmed my nerves. I have learned that patients with mental health disorders go through several avenues of treatment for many years, before they <sup>are</sup> able to find a facility, and then that has the resources to help with their care. After hearing background information during the meeting, I realized that a lot of those patients <del>that</del> <sup>do</sup> not see the need in being there, or felt that they <del>do</del> <sup>do</sup> belong, but only after trying other places before this one.</p>
<p><b>Step 3 Evaluation</b>                  My interactions with the patients went really well. The assessment did not feel like a check off task list, but rather a conversation between two people. I also feel like our involvement in each phase of their daily activities, helped facilitate trust between both parties. We involved ourselves in as much as we were allowed to do, and the patients showed their gratitude by sitting and talking with us, and becoming more relaxed.</p>	<p><b>Step 6 Action Plan</b>                  I thought this was a good experience overall, and getting to talk to patients struggling with mental health was eye opening. Going forward I will learn to develop my therapeutic communication so that I may effectively gather information and trust of the patients. This will also help them <sup>to</sup> want to be a part of the treatment because of the conversations and letting them have a sort of input.</p>

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