

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description:</p> <p>The interaction that I think stood out to me the most is on the second day of clinical when I was able to help one of the patients with a puzzle and we were just able to talk about why he was there, what he was going through, and how he felt about the whole situation. I feel like by us working on the puzzle that gave him some distraction so he was able to talk a little more freely instead of intensely focusing on his emotions which could have triggered him.</p>	<p>Step 4 Analysis:</p> <p>The biggest thing that I can apply to this situation is that not every patient looks or acts "crazy." You can judge these patients based off the fact that they are in a psychiatric facility. These are people that have gone through situations that have affected them deeply and need help readjusting to life and that doesn't make them "crazy."</p>
<p>Step 2 Feelings:</p> <p>I was a little bit hesitant to interact at first just because you don't know what you say that could trigger the patient or what can ruin their day. Once we started talking and working on the puzzle I felt good with the interaction and felt like I was just being a nonjudgemental set of ears that he was just talking to.</p>	<p>Step 5 Conclusion:</p> <p>I don't feel like there is anything that I could have done to make the experience better. I engaged with all the patient, was understanding, and asked questions without judgment. I was able to learn a lot about the patient and what they have been through. I gained a lot of insight into what can trigger people and what going off medication can look like for some of them.</p>
<p>Step 3 Evaluation:</p> <p>I feel like by us working on the puzzle and talking at the same time it took some of the pressure off the patient to talk because I wasn't just staring at him expecting him to tell me everything about him it was more of an invitation here to listen if you want to talk if you don't want to talk we can sit in silence and work on the puzzle. I had no bad interaction with any of the patients on both clinical days and feel like I gained a lot of knowledge.</p>	<p>Step 6 Action Plan:</p> <p>I think this was a great experience. I opened my eyes to what exactly a psychiatric facility looks like and the patients there because this was not what I was expecting. I thought I would see more people with behavioral issues and acting out but the majority of the patients are medicated or getting their meds adjusted and they are friendly, kind, and mostly optimistic about their situation.</p>