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Reflection

This week for clinical i attended oceans hospital, we were there to get mental health experience and see how the floor works. Our roles were to observe and have discussions with our patient, join the group sessions and be involved in what was going on within the unit.

In the beginning I was not excited to be there, I was really nervous about being on the unit and our well being. I kept thinking to myself how badly I wanted to go back into OB clinicals and how I should have used absences. I personally am not interested in working in the mental health area and i didnt think the clinicals were going to be beneficial for me. I ultimately decided to just have a good attitude about it and I'm glad I did, I had a great experience with my patients. The best part about the unit was how the patients easily opened up to me and treated me with respect, they were really open about their situations and easy to talk to. I would say the difficult part about this experience would be the initial meeting of your patient, you don't know how they will respond to you being around them and asking them questions, you also don't know what their triggers are so it's nerve wrecking trying to get information from them without possibly causing a breakdown. I did expect to leave the unit with no change of mine but i did, i would personally not go into psychiatrics but i did have a good experience. The only thing that I would say went wrong was a patient got a little upset at me and Jessie because we apparently messed with his game that he wasn't finished with, but he didn't make a scene.

I think this experience will help connect some dots in our mental health lectures and understand it all. I can connect it to the medications we learned, different communication techniques, and conditions like schizophrenia and more.

Overall I feel like maybe just going in with an open mind could have improved how I felt towards the clinical at first. I do think if we had some help actually being introduced to our patients it could have made the transition easier. I learned about some different coping skills, how to talk to the patients , some activities that psych patients enjoy and help calm them down.