Amanda Miller

Covenant School of Nursing Reflective Practice

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description	Step 4 Analysis
We went to a local rehabilitation center that specializes in brain and spinal injuries. We observed how different specialties came together and how important each role is in the recovery of the patient.	One of the 'important people' within the facility was very welcoming and educated us on the success of the facility and how important it is to get these patients back to as close to their baseline before the medical event occurred. We learned about the different therapy roles and got to witness some of the ways they rehab patients. We got to witness physical exercises, brain activities, and the positive energy towards patient recovery.
Step 2 Feelings	**Step 5 Conclusion**
I was excited to see where patients go after they leave the hospital. It made me happy to see and hear about the progress patients make after sustaining a life-altering medical problem like the deficits from a stroke or a TBI. I felt very welcomed in the facility by both staff and patients.	Through this clinical opportunity I was able to learn what happens to our patients when they are discharged out of our care. It was really nice to see the middle step in the patients journey home; care extends beyond the walls of the hospital and sometimes I forget that.
Step 3 Evaluation	**Step 6 Action Plan**
This type of clinical experience was different compared to past experiences. Overall, the day went well. I didn't have any complications. I watched med pass; it was interesting to see how different nurses did things.	Having seen the rehab side of things and how it actually works, I can now educate my patients better. Being able to tell them a generalized idea of what to expect can hopefully put their minds at ease allowing them to focus on healing.