

Allison Martin – Unit 2 Reflection Assignment

Since I was a child, my family has always told me that I am a social butterfly. I always loved to make new friends wherever I went and was never afraid to talk to people. In high school, I had a lot of friends that would always come to me when they needed advice. I always made sure to let people know I was there to talk if they needed anything and that I would do my best to help. I believe that I am a very easy person to talk to and I would never make you feel judged or ashamed of what you were going through. I myself, have been through a lot and was always grateful for the friends I had to talk to and make me feel better. At a young age, I thought about going to school to be a therapist because of how much I loved to give my friends advice. It had always made me happy knowing people could count on me and that I was helping them to feel better. Once I had decided on nursing and started my prerequisites, I quickly made a lot of friends that were also going into nursing, and we are all still close friends now.

Once my brother had got into his accident, I was spending a lot of time in the hospital with him and going to various therapies with him to watch. I knew I wanted to go into healthcare because I loved meeting all the great nurses and therapists that helped my brother. I wanted to help other people and families the way that my brother and family were helped. When my brother was able to come home, I did all that I possibly could to make him more comfortable and cope with his new life. I had learned a lot by watching his home health nurses coming over to do dressing changes and administer medications. At that moment, I knew that I wanted to be a nurse and I would really be able to make a difference in peoples lives.

All this experience in my past with relationships have shaped me into who I am today and how I interact with others. I can use this experience to help me when I am communicating with patients and trying to form a therapeutic relationship with them. You never really know about a person's life until you experience the deep and hard to talk about conversations. Just from being a nurse's aide and going through clinicals, it had opened my mind up to why it is so important to have a trusting relationship with your patient. I know that I am very good at communicating and making people feel comfortable which makes it easier for people to talk to me and trust me. I really enjoy having conversations with patients and being able to comfort them when they are going through hard times. Even just sitting and listening to them and nodding to let them know I am giving them my attention can really make a person warm up to you. It is very important to understand when to verbally communicate or just listen with nonverbal actions. It is also important to read the persons emotions and body language and understand how they would like to be responded to.

I am a very active listener when it comes to a patient's emotions, needs, and wants. Both verbal and nonverbal communication are used in every interaction in the hospital setting. Communicating that you understand what is being said and even the act of doing something when you are asked instead of waiting and forgetting. When I want to talk with patients, I will sit down at the same eye level and make sure they know they have my undivided attention. Smiling when it is necessary or holding a hand if they need to be comforted. There is so much that goes into developing a therapeutic relationship and it may take time so I make sure to be patient and consistent with my care.