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Marianna and I spent the day on the acute adult (detox) floor. We observed the nurse do her daily checks with the patients. There was a patient who felt anxious after beginning an SSRI medication. The patient had one dose and insisted it did not help without acknowledging that the medication takes 1-2 weeks to see effects. I did notice that the patients on this unit were more receptive to treatment and group sessions. The patients in acute care were actively seeking to be better versions of themselves.

We observed their group sessions where the patients filled in a brainstorming graphic organizer with things in their life that they were grateful for. Many patients listed their families, children, jobs, and physical health on their lists. The group spent most of the day doing relaxing activities like coloring, listening to music, and watching television. During the second group session, the case manager discussed the two roles in an argument, the aggressor and the person who withdraws. The case manager also discussed the main attachment styles; anxious, avoidant, and secure. She discussed with the group that these attachment styles were usually based on the child's first relationship with their caregiver. The group was actively engaged and participated in the topic.

There was an older adult client who had been at The Pavilion for over 30 days. The plan for this patient was to transfer to New Choice. New Choice is for more independent patients, so the nurse educator used the teach-back method and demonstration to gauge the patient's ability to take his blood glucose and administer the prescribed insulin dose. The patient struggled during the demonstration. I learned the patient has been at The Pavilion for an extended time because many rehabilitation facilities had the same requirement as New Choice; patients must be able to administer their own medications.