

Reflection Assignment: Kaylee Andersen

NOTICING

Report on two behaviors you saw during the clinical day that might be attributed to symptoms of a mental illness or a side effect of a medication.

1. One behavior that I saw was sadness. When I was sitting and talking with a patient, he started to open to me and share what was going on with him. In a result of that, he started to cry. However, I feel like after he opened to me that he felt better. His emotions improved to joyful and thinking positive.
2. Another behavior I saw was someone who was hallucinating and talking to herself. This patient thought that there were people around her that she was speaking to her. She was diagnosed with schizophrenia, which hallucination is a common symptom.

INTERPRETING

What do you think the behaviors you noticed can be attributed to?

The behaviors that I saw on the unit were not what I was expecting. Once we were there for a little while, the patients started acting like their "normal" selves and did not try to act differently because we were there. I got to see how patients deal with their overdoses, someone who was diagnosed with schizophrenia, someone who went through withdrawals from drugs/alcohol, and others. I could tell that they were not "acting" or playing up the symptoms that they have. It was truly how they function normally.

RESPONDING

What questions might you ask the client to gain more information about the behaviors?
What therapeutic communication techniques could you utilize?

A question I asked one of the patients was "how are you doing?" I found that asking someone how they are doing can open them up and make them feel like you care about them. Most of the time, patients just want to be heard and not judged for their actions. Another question I asked to gain more information was "what is your goal?" Getting the patients to set goals and share them with someone is a way they can open up and share what happened to them prior to being admitted. Everyone's goals were realistic and achievable. I used a couple of therapeutic communication techniques to show empathy and let them let their feelings out. Whether it be laughing, crying, or just silence I let them know that they were safe with me. Another one that I used was observation, when I noticed the one patient starting to get sad, I simply asked "are you okay?"

Reflecting

What is something you learned during the clinical experience? What might you do differently next time you are at clinical pertaining to client interaction?

Something that I learned how to treat and interact with patients. I was little nervous going into it because I didn't want to say the wrong thing and/or upset anyone. But truth to be told is that they are human beings that are dealing with a rough time in their life and want help to overcome it. It was an eye opening to see how that unit functions and I'm excited to go back and learn more. One thing that I will do differently is not taking as long to start communicating with the patient. Also, follow the techs/nurses more to see how their positions function. I did get to watch how the new patient gets interviewed before going to their rooms. That was very cool and educational to experience.