Aspire Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I tried to establish a safe and welcoming environment by getting to know the patient and his interests before asking him some pretty hard questions. We talked about how he loves to read his bible, listen to worship music, and how he wants to be involved in ministry in the future. I used a very open approach to asking questions, allowing him to explain to me in his own words what his story is and how he feels about the people who surround him.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical?	In the group sessions they discussed coping strategies and establishing boundaries. The patients expressed how they feel that they cope and how their relationships are with different people in their lives. I was able to apply knowledge from class into the group by going back to how everyone has a different way of coping despite having the same diagnosis. I also noticed that the patients carry a lot of guilt or embarrassment so some are more withdrawn during the group than others. I am able to apply these group session learnings in many different aspects of life, including my own. I learned how I cope and what kind of boundaries I have right now and might need to establish. I feel like my knowledge on this subject is broadened and I can take it into my future nursing career even when someone is struggling with a physical illness. I can hopefully help someone who is having a difficult time with a recent diagnosis and help them cope with different strategies whether it be distraction, self care, etc.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	There was a certain patient in the group who used excessive drinking as a coping strategy and had very porous boundaries. I would suggest to the client to find something to keep him busy when he is feeling the need to drink, such as drawing, reading, calling a friend, watching a movie, going out for a drive and listening to music. As far as his boundaries go, he tends to overcommit to things causing him to become very overwhelmed. He explained that he doesn't want to let anyone down and feels guilty if he says no to someone. I would try to explain that although you might feel guilty you are actually establishing healthy boundaries when you say no to certain things when you can not handle all of it. Saying no when you need to take time for yourself helps you become a better person and friend in the future.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I was able to maintain professionalism by controlling my facial reactions and talking to each patient in a private area/ manner. I was also able to maintain a judgment free environment. I was very pleased that I was able to be open to and research about what the patient had been going through to give them my full attention and care while still maintaining professional boundaries.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I utilized therapeutic communication by identifying and assessing a patient's concerns and difficulties. I maintained patience when discussing sensitive topics allowing the patient to

	think about how they wanted to answer and how much they wanted to discuss with me. It was also very important to me to be attentive, establish respect, and actively listen to what the patient was trying to get across.
Feelings • How were you feeling at the beginning? • What were you thinking at the time? ● How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? ● What is the most important emotion or feeling you had?	At the beginning of the clinical I was feeling very nervous and timid due to never being put in a situation like this one. I kept thinking about how I should talk to these patients in order for them to want to talk and maybe open up to me. I wanted to establish a welcoming environment. The event made me feel upset initially, but towards the end I started to feel thankful that these patients were getting the help that they needed and, for the most part, were open to receiving the help. I felt very grateful that this help exists because there is so much more mental illness in the world that people are struggling with and I want them to know that it is okay to receive or ask for help. I was very pleased with the outcome of this clinic; I initially was not very thrilled about it but it really opened my eyes to the world of mental health. I still am wondering about what might happen when these patients get released or where they might go. I believe the most important emotion I had during this experience was empathy. I felt really bad for what the patients were going through and I wanted to do whatever I could to help their situation.
Evaluation What stood out the most about Oceans?	The thing at Oceans that stood out to me the most was how much of a welcoming and friendly environment it was. It wasn't dark and gloomy like I thought it was going to be, in fact it was a very open, welcoming place that had multiple things to offer such as friendly staff, games, movies, music, arts and crafts, etc.