

Aspire Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Some of the things that I did to maintain safety and quality environment is staying with my clinical group and giving the men their privacy/space but opened the door for discussion.</p>
<p style="text-align: center;">Clinical Judgment</p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • 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? 	<p>A way that I was able to apply classroom knowledge to what the patients/therapist were discussing by acknowledging the severity of going through withdraws. The patients in the facility were discussing stories about past occurrences of when they were using drugs or drinking alcohol. Many of these men went through medical scares, such as, being diagnosed with liver failure. With the knowledge I've acquired in the classroom, I was able to know what some of the major side effects of consuming large amounts of alcohol are - like, liver failure, cirrhosis, jaundice. By listening to these stories, I can know what signs to look for when a patient is admitted with a history of drug use or alcoholism. By participating in this experience, I was able to see the difficulty of addiction, and how it truly is a disease that is hard to overcome, that also comes with many other hardships like medical problems that now as they are in the journey to recovery still have a reminder of who they used to be.</p>
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>I mostly identify with a particular client who is around the same age as I am - he is in rehab for cocaine and alcohol use. It's a different feeling seeing someone who is your age but ended up taking a different path. My concern is that I hope he continues through his path to recovery, I would recommend maybe choosing his friends more wisely, getting interested in a new hobby, anything to help keep his mind busy and productive.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I was able to maintain professionalism by arriving on time, being in dress code and maintaining professional language. This experience has taught me about professional practice in maintaining a welcoming environment for the patients, this will allow them to open up and talk about difficult topics. What is has taught me about myself is the importance of proving an environment that allows others to speak about their emotions and understanding that everyone has a backstory.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I was able to utilize therapeutic collaboration by being an active listener, maintaining eye contact and being respectful during group. While group was happening, it was very nice that they went around in a circle, and each was very willing to open up and talk about their story.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • 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? 	<p>My feelings at the beginning were both nervous and excited. I work with mental health patients, and with that comes patients who are drug users, or they are going through withdrawals. While working with that kind of environment, I will not lie, usually those who are detoxing are not the nicest people...all with good reason. However, it was nice to see a group of men that are taking accountability and trying to become a better person - it was very refreshing! A lot of the conversations they were having in group were very enlightening, especially as</p>

<ul style="list-style-type: none"> • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>they talked about all the things, they've lost due to their addiction - relationships, jobs, and goals. But they continue to be resilient and are in the path of recovery to regain a little of their life back, and that makes me very proud. The most important feeling I had was I was very glad we got to have this experience; I believe it's very important to understand how difficult addiction is. As a future nurse, it's important to know not only all the physical problems that occur, but also the mental.</p>
<p>Evaluation What stood out the most about Aspire?</p>	<p>What stood out the most about Aspire is how close knit everyone is, while in group they are comfortable enough to speak and talk about personal stories. I also enjoyed seeing all the activities that they provide; this helps with keeping them occupied and allow time for reflection. The groups provided were informative and described addiction very well, this made the patients tie their own personal experiences to the learning objective.</p>