

AA Meeting Reflection (300 word minimum)

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| <p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p> | <p>At first when I made it to the AA Meeting, I was a little nervous but the people there were very welcoming. It seemed like a safe environment to me. I also found it comical that it was right next to a liquor store</p> |
| <p>Clinical Judgment 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>Since I went to our AA meeting before we had any lecturing on Psychiatric knowledge, I was not sure what to expect, but I was able to remember a few things while we were sitting through lecture that were talked about during the meeting. I believe something that I can use in the future as a nurse is that I can't judge someone just because they're doing something that isn't good for their health. There are things that people are going through internally that may have led to their addiction, and they never would have never thought they would be in that spot.</p> |
| <p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p> | <p>After I sat down at the meeting there was a man who came in after and sat there for a minute and looked at us, probably a little confused as to why we were there. He preceded to tell me that he was 7 days sober from Methamphetamine and that he had been addicted on and off for 23 years now. He also let us know that this wasn't his first time trying to get sober but each time he is sober he always breaks at the 11-month mark and that he could just never make it past 11 months being clean. One thing that stuck out to me that was interesting is when he said that he was trying to do it all on his own with only the help of the AA Meetings and</p> |

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| | <p>friends that also were going to these meetings. He had been to multiple rehabs that he had gotten clean at but he said he's never really had to push himself to achieve something on his own. I wish I could have given him recommendations on how to do it or some interventions that might have helped him but maybe when I go again, I can give him some helpful tips and say a long prayer over him.</p> |
| <p>Professionalism 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 feel that I maintained professionalism by not judging these people for what they had done or gone through but instead praised them for getting out of that dark time and</p> |
| <p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p> | <p>I wasn't able say much but just sat back and listened. The leader of the meeting did give us the opportunity to speak and all I could think to say was how thankful I was that each of them opened to us when they didn't have to.</p> |
| <p>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? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? | <p>In the beginning I was nervous because I wasn't sure what to expect and didn't really know how the people would respond to us being there. After sitting down everyone made us feel welcomed and they were glad that we had joined them to listen to their stories. Hearing them talk about each of their addictions made me verry emotional. A lady read her "Breakup letter to Addiction" and as she's reading, she's talking about how her addiction took everything from her; family, friends, children, her Nursing career, everything! It was heart breaking; she talked about how she watched Meth</p> |

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| | <p>kill her dad and has watched her mom struggle with a meth addiction and is still watching her battle it. After hearing these stories, it just made me really think about how addiction can happen to anyone, no matter what type of life you are living and that one wrong choice can change your life forever.</p> |
| <p>Evaluation What stood out the most about AA?</p> | <p>What stood out most to me was how every single person in there all had different lives and had different ways of coping with the things that they went through, but each of them had so many things in common. There was no judgement towards people over what they had done but instead acceptance and forgiveness. They wanted to see each other succeed in sobriety and be able to get their children and family's back. I thought that was something special.</p> |