

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>So in order to maintain a safe, quality environment. I limited my phone use as well as listened to my patients. I made sure to keep a professional manner and talked to the patients without trying to give advice or help them with their problems.</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>So I was able to see how the therapist utilized the you statements and fully enforced the philosophy that these patients are sick with a disease rather than just alcoholics. I was able to see the patient as a whole rather than a person to treat and street. I can fully take this as a way to be a better communicator and nurse to my patients because at the end of the day everyone is suffering from something they are quiet about. Being in this clinical opportunity allowed me to see a new therapeutic way to communicate with my patients. I was able to see people wanting to get better and wanting to change and it was refreshing to see what Aspire offered. In my experience I have had patients who did not want to take care of themselves and who were ugly to people trying to take care of them, this experience allowed me to see and realize this is the true reason why I wanted to become a nurse.</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>One of the clients in the group was a meth addict who was looked very young, maybe 19 years old. He was very abusive to his mother and stated he didn't have a problem and was abusive at times. He was also going to school to be a plumber. If I was his nurse I would try to educate this patient in terms he could understand. Like, in order to get better and do what you want to do for kids your age you need to go to therapy to be better and stick to this medication regimen to help you be a health person both mentally and physically. I would then recommend some support groups he could potentially benefit from.</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>During this experience I showed up to clinical on time and in dress code. I wasn't snarky nor slouching and was in tune with my body language to show that I was interested in this experience. I was able to talk to the patients in a professional manner despite my political biases since the patients did get a little political during discussion.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Although I didn't practice you statements for myself I did see that the therapist used that tool. I was listening to a story of an older gentleman and replied to the patient saying "That does seem very hard, tell me more" which allowed me to obtain a better and therapeutic relationship with the patient.</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? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>I was feeling a little anxious, especially since the location was out of Lubbock and an all male facility. I was thinking that there might be some snobbiness from the men in the sense that they might not be as open to sharing our stories since we are women. It made me want to hug every single one of the patients at that facility. I was very saddened by this experience because I had both my grandparents die from their alcoholism. It made me very happy for my patients that they're doing what is necessary for their health and their family's needs. I guess the most important emotion I felt was empathy for my patients and sympathy for their families. I was on the other end of the disease and I know it is hard and the toll it takes on people, this provided me with a whole new perspective.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire?</p>	<p>This was an all male facility who's target audience is upper middle class persons. They only take private insurance or payment upfront. Also, the leaders/owners were meth addicts who have been sober for 23 or so years.</p>