

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>To maintain a safe, quality environment at Aspire Recovery Center I made sure to not come in with any judgments and to keep an open mind to the facility and to the clients.</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>While sitting in on groups I recognized how the clients may have been feeling while going through withdrawals. I noticed how difficult it was for some of them to sit still for that period and how some of them were not able to stay awake during that time. We discussed in group the 12-step program and internal and external triggers to substance abuse. Lastly, the clients discussed how no one wants to be an addict, but they just so happened to get stuck in that lifestyle and they want the help. They discussed how most of them use drugs or alcohol to self-medicate and how difficult it is not to become sober, but to stay sober. I can use the learnings from aspire to my practice in the future regarding the 12-step program, how much a person is having to alter their lifestyle and how they are dealing with withdrawal symptoms in any aspect of nursing whether its ICU, ER, med surge, etc. I will be able to be more knowledgeable and empathetic towards addiction. This clinical taught me of all the different ways to help those going through addiction. I learned that many people don't understand the 12-step program and that leads to a lot of relapses. Furthermore, internal and external factors are what can push someone towards drugs or alcohol and sometimes it's just acknowledging that those things are what are pushing factors for addicts.</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 at Aspire had an alcohol addiction and this was his first time trying to recover. Using the knowledge obtained from class I thought that group therapy would benefit him and learn new coping strategies to use instead of using alcohol. I also thought about how he could use Antabuse to recover from alcoholism.</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 maintained professionalism by not sharing details of my personal life with them. I also maintained professionalism by being educated on the types of addiction and substances that had been used, as well as different types of treatments.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by maintaining a judgment free demeanor as well as the use of silence to let the clients reflect on what they were telling me. I also was very aware of avoiding giving advice or asking "why" questions.</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>At the beginning of the clinical I was nervous to be around a group of addicts for the first time because I was not aware of what all to expect, despite having talked about it in class. At the time I was thinking that I wasn't fit to be in the situation because I didn't know what it was like to be an addict. However, I soon realized that it doesn't matter if you don't know what exactly it feels like to be an addict, as long as you aren't judgmental about their situation and knowledgeable on the topic. The time spent at Aspire made me feel more confident in my ability to deal with people going through addiction and made me feel more empathetic towards those struggling with addiction. The clients were very interested in why we were there and how we felt about being there; their words and actions made me feel very welcomed and appreciated. I feel very satisfied with the outcome of this clinical and almost relieved because it was a very eye opening and positive experience. I think the most important feeling I experienced was gratefulness. I felt very grateful that we have places like this to help so many people dealing with addiction.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Oceans?</p>	<p>The thing that stood out the most to me about Aspire was the fact that it is very much like "the outside", meaning they don't limit what they are exposed to in a sense. They still have TV's that they can watch whatever they want, they are allowed to have their phones, visitors, they have games, a pool, hot tub, basketball and a gym. They often have cookouts and things that are very normal when someone is not in a recovery center. They mentioned that they operate like this to help people learn that just because they are sober does not mean that they aren't able to still enjoy things on the outside. They also won't be as overwhelmed when they leave because they were still exposed to things, just not drugs or alcohol.</p>