

AA 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 I allowed everyone to share their experience without any input of my own. I wanted them to feel as safe and comfortable with sharing their experience as possible, so I didn't want to do anything to jeopardize that.</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>I was able to incorporate what I learned in the classroom about people building a tolerance to substances, therefore leading to greater amounts and greater destruction. Many of the people discussed how they got so used to a certain amount that it felt like it wasn't giving them the effect that they wanted, so they just kept increasing it. I also listened to a lady in the meeting discuss how she has a very "risk taking" behavior type that then makes her want to use different substances and rebel in a way against what people tell her is right or wrong. I know from the lecture that the more a person drinks the further down in the brain it can affect. I also know that due to tolerance, a person can exhibit signs more congruent with having fewer drinks rather than the actual amount they had (much higher). I can use this experience in my future nursing career because I know that just because someone does not seem very intoxicated does not mean that the number of drinks they had is low. This can help when assessing and managing treatment. Something I have learned is that not all addicts are the same. Whether that be personality, history, motives, etc. Everyone struggling with addiction has a different story to tell and a different reason to become sober.</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 client in the room is a recovering alcoholic. Some interventions or recommendations I would suggest to him would be to get regular checkups with the doctor to rule out any health complications due to chronic alcohol use. I also wouldn't rule out suggesting a pharmacological intervention to help with cravings like Naltrexone.</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 remained professional by reviewing my substance abuse notes in order to know what to look for as well as, to be knowledgeable on what the clients may be experiencing depending how long they may be sober. I also checked my biases before going to the meeting so that I wouldn't bring any negative feelings into it.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication was difficult in this AA meeting because we weren't really given a chance to really interact with the clients. However, I would say that the</p>

	<p>aspect of using silence is key during these groups and was a therapeutic communication tool that we used. The clients are supposed to reflect on what they are expressing to the group and really digest their feelings, thoughts and emotions. Another way I demonstrated therapeutic communication was by not giving any judgmental looks and being very conscious of how my words may come across and thanking them for sharing their feelings.</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 I was feeling very out of place because it is such an intimate setting and everyone there is recovering from some sort of substance addiction. I kept thinking to myself that this experience is a very vulnerable time for someone going through addiction and must take bravery to be able to share their darkest moments. The event made me feel better informed about what an AA meeting truly is. I also felt very thankful that everyone there can make connections and that it is a very welcoming and non judgemental atmosphere. The words and actions of others made me think back to the lecture and how the risk factors associated with each type of substance are very accurate. This experience made me feel relieved on one hand that people are getting help, but it also made me feel a little sad because a lot of them are still struggling with things that were caused by their addiction. I really was pleased with the outcome of this meeting because as we were leaving, they were all socializing and many of them cared in a nurturing way for one another which pleased me to see that they have each other to lean on. The most important feeling/emotion I had was most likely the feeling of pure happiness because I was so glad that they showed up to that meeting and were getting help.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about AA meeting?</p>	<p>The thing that stood out to me the most about the meeting was most likely the fact that the group that was there was so tight knit and cared for one another. I also was not expecting it to be as relaxed of an environment. Another thing that stood out to me was consistent use of the “big book” and how strong they are in their spirituality.</p>