

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 style="text-align: center;">Being a good example of covenant school of nursing and treating everyone with respect and dignity.</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>Just as we talked about in class not to judge people based on their diagnoses or actions we also talked in group about ways to not let other peoples behaviors affect how we act towards them. Robin mentioned how we are the commanders of our own serenity. So do not let other people’s actions affect our perspective on the day. How we should take each day a step at a time. I can use those words of advice each day as a nurse. Nursing can be not only a physically draining job but an emotional and mentally draining one as well. It is important to prioritize our mental health to give the best care to our patients.</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>There is one guy in the group who didn’t realize that there were multiple things in life he was using bargaining to excuse his behavior. Like he was upset that his girlfriend got mad at him for drinking even though he bought her a car and paid the bills. Then at work he was upset that his boss was upset that he was always late even though he got more work done then everybody else. I would recommend one-on-one sessions and maybe some self-reflection would help.</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 made conversation with the people there and treated them with respect and dignity. I have learned being in this module to be more comfortable starting conversations and talking about things most people</p>

	would find personal/uncomfortable.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I talked about things the people wanted to talk about. I didn't pry nor ask why they did what they did.
Feelings <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? 	I actually was made comfortable at the beginning. Robin and the other workers were so welcoming and made us feel at home. It still surprises me how open people are about their actions and their past. In my household we never really talked about our emotions or were open about these things. I feel refreshed and excited that psych is getting the attention that it deserves. I am encouraged about the future of mental health's future in the US and medicine.
Evaluation What stood out the most about Aspire?	How welcoming and comfy the place was. How the owners and workers are ex addicts who are helping those who are wanting and in need of help.