Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	Honestly, I couldn't integrate anything that I had learned in lecture thus far because most lectures where very confusing and hard to follow, but watching the therapist and listening to therapist talk to the group really helped me navigate. The therapist during group was phenomenal though, she/he used different examples as to what they were looking for and what did we do to help set boundaries, being overwhelmed, how to decompress, and how to problem solve. I was able to apply all things we talked about in group to most things I'm dealing with in this module. Oceans clinical was great. It really showed me how to use therapeutic communication and how to listen to my patient thoroughly.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	During my experience Wednesday I had a 28-year-old man who had schizophrenia and was pretty concerned with his physical image. I advised him to use a journal to jot down all his thoughts. I recommended writing down all his thoughts because he had an issue with memory and letting the hallucinations enable him but had never acted on them. He also seemed to have some vitamin/mineral deficiencies, so I did advise him to get signed up for social security and to get a doctor. I recommended social security due to the fact he stated money was a major issue for him

Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained my professionalism by being on time, participating, and using therapeutic language.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I was able to utilize therapeutic communication during my interview process. I asked appropriate questions and made sure not to offend or overstimulate my patients, since most did hallucinate. I only asked open ended questions and never passed and judgments.
Feelings • 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?	My feelings where always optimistic since I have a strong interest in psychiatric Nursing. The clinical experience was awesome. The words and actions of the patients really surprised me. Most of the clients were extremely intelligent and knew a lot about their condition. The most important emotion I had was hope. Hope they would all get better and be able to be functioning beings in society.
Evaluation What stood out the most about Aspire, AA, or Oceans	Oceans stood out not only to me, but to the clients because most had been to a mental facility prior and hadn’t received that type of care. Oceans staff genuinely cared and consistently kept the clients moving towards positivity and functional lives