Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I was able to keep my patient occupied by engaging and talking with him. I passed out snacks and coffee to keep patients from having behaviors. Kept the patients busy by assisting the activities director in the group activities, games she had prepared for them. Made sure I placed my patients information in the shred box so no one would be able to read his personal information.
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?	Our group was small and not very useful to my future learning. The topic was over grief so it was hard for the 2 patients that attended to participate one patient participated well. I learned in clinical to never judge anybody, you don't know what they are going through. Everybody is different with their diagnosis and even though they are in a mental hospital they are still very much aware of their surroundings and know when they are being belittled.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One client during group had to be redirected several times to stay on topic. He would apologize several times when he felt like he was talking to fast or not making sense. He was not staying on topic and after talking to him I realized that he didn't feel there was anything wrong with him. I would recommend that he try to focus on reality to recognize changes in their thinking and behavior, and how to identify misinterpretations from others. Learn to communicate with patient clearly use simple directions, speak clearly, and address by name. Some interventions would be o not argue or deny the patients belief use reasonable doubt as a a therapeutic technique. Reinforce and focus on reality.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	In talking with the patient I stayed engaged and redirected him back to what we were talking after letting him talk about his thoughts and ideas. I never made him feel like he was not being heard or ignored. When speaking with patients I always addressed them by sir or ma'am. When they asked for something, I made a point to get it or ask how I could get it for them. This has taught me that no matter what anybody is going through they have the right to be treated with respect. I know that I would want to be able to go and get the help I needed, and not feel like I was

	being judged for doing so.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I practiced active listening by paying close attention to my patient while he was talking. I asked open ended questions to get him to keep talking even though he didn't need it. I used nonverbal communication by using good eye contact, and leaned in to the patient to show that I was interested.
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?	I was feeling like it was going to be just another day at work and was not really thrilled to go to Oceans. After sitting with my client and talking to him I was engaged on how he was feeling. The most important emotion I had was gratefulness that I was able to encounter with the patients on the nurses side of things. In working in this field I don't engage with the clients in that personal manner. I felt like the staff were helpful and helped the clients when they needed it.
Evaluation What stood out the most about Aspire, AA, or Oceans	The thing that stood out the most about Oceans is how it is ran so different than the other Mental health hospital. So it was good to see that there is a more lenient facility when it comes to mental health patients.