

Aspire, AA and Oceans 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>In order to maintain a safe environment, I made sure introduce myself to the patients so that they felt more comfortable around me, and made sure my pens were always in my possession.</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>As I was in group, the therapist was talking about identifying signs of a depressive episode. I can relate this to our lecture we had in class about depressive disorders. The patients were able to identify characteristics they have personally experienced. I can use this to further my education, by understanding that not all patient's will experience the typical symptoms because most of them had other mood disorders as well. I learned that people with health issues are very interesting to talk to, I enjoyed all of the conversations I had.</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 patients in the group was clearly struggling the whole day and would bother other patients and was constantly being disruptive. I would recommend more distracting work for this patient along with one-on-one therapy for him to better understand his condition.</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 displaying altruism, even though some of the actions of the patients made me uncomfortable I was able to put that aside and focus on the other patients that were open to talking to me. This has taught me that patients might not always be aware of what they're doing when they are in this state of mind, so we must be patient with them.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by being silent in moments when the patient is telling me their story. I feel it's useful because it allows them to express a lot to me.</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>I was feeling nervous at the beginning just because I didn't know what to expect. I was thinking about all of the patients I wasn't able to speak to and what lead up to them being here. The event made me feel more knowledgeable on mental health because I was able to witness all aspects of it. The actions of others made me a little scared just because it's hard predict what they are capable of doing. I felt relieved with the outcome because no one was hurt and the patient was able to calm down with some help from the nurses. The most important emotion I had today was hopeful because I do feel like the patient's I talked to today are also in a hopeful mindset and want to be better for themselves once they get out.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out most about Oceans is how amazing the staff was. They were all so nice and set such a great example when it came to deescalating the stimulation and made all of the patient's feel comfortable.</p>