

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>At one point, a pen was left out in the Oceans facility. Since Oceans doesn't allow patients to have pens, I quickly picked it up and put it in my pocket. Later in the day, Hector was walking around holding a pen. We quickly talked to him and explained that the facility doesn't allow pens. Although he resisted and we had to get another nurse involved, he gave the pen back to us.</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>During group sessions, I was able to reflect on certain topics and remember them being talked about in class allowing myself more exposure to maintain them in my head. In our group with the younger clients, we played mental health jeopardy. Throughout that group session, we had questions requiring us to reflect on our mental health lectures "quizzing" us. It allowed me to apply my knowledge about Vincent Van Gough and how he had Bipolar disorder and because of that, we got the question right!</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>Since Rico is on antidepressants, I would ensure he has a follow-up appointment with their prescribing doctor to monitor the progress, side effects, and effectiveness of the medication. I would encourage regular follow-ups with their psychiatrist or therapist to track their mental health status and adjust care as needed.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p style="text-align: center;">I combined this with communication and collaboration</p> <p>During my time working with Rico , I consistently aimed to show empathy and compassion by actively listening to his concerns and validating their feelings. I recognized the emotional and psychological challenges he was facing and ensured he felt heard and understood. I made a point to approach him with kindness, offering</p>

	<p>reassurance when he expressed fear or uncertainty, and providing emotional support during moments of distress. By maintaining a calm and non-judgmental demeanor, I created a safe environment where he could express himself openly without fear of rejection or criticism. I also ensured he knew that he wasn't alone in his recovery process, offering encouragement and connecting him with additional resources to support their healing journey.</p>
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	
<p>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 honestly really enjoyed the clinical more than I thought I would. I was super nervous going into it not knowing how crazy it was going to be, but it was super relaxed more than I thought. I love being able to just have a fun time with the patients. Teaching them UNO and them beating me somehow! Getting able to learn about them and allow them the feeling of just being treated like normal if that's not what they're used to.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>Just having fun with them and playing games was my favorite part.</p>