

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>I made sure to sit there quietly while I listened and observed the meeting. I didn't want to make anybody feel uncomfortable as I was an unfamiliar face, I also made sure to not make any comments that could make the clients feel judged.</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>What I learned about the AA meeting is that these places are a safe spot for people who are dealing with substance abuse disorders. They all relate to each other and feel safe to share their feelings because they know they will be understood. One thing that I was able to observe is that they all feel different from our society because throughout their life they have been defined by their substance abuse instead of who they are as a person, which is something that we learned in class.</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 was one particular client who was very comfortable with us and shared his story. This client shared that he relapsed after 11 months and was now only 7 days clean. We didn't judge him, we instead encouraged him to keep going and we asked if it was okay if we prayed with him, he agreed and appreciated that we went that day to observe their meeting.</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 think I maintained professionalism by introducing myself as a student nurse who was only there to observe. I was honest with them, and I didn't pretend to be someone I am not. They all appreciated my honesty as I gave them the opportunity to feel comfortable around me or not.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I think that I used communication well by talking to some of the clients and asking them if they were comfortable with sharing their stories. Not all were willing to do so, so I respected that. In the end, I did tell the clients that it was very nice to meet them and that I would keep them in my prayers, they all appreciated that.</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>At the beginning I felt very curious to see what would happen in the meeting because it was such a new environment for me, I didn't know anything about AA. It was very interesting to observe, and it also made me very emotional to see how each client could relate to just wanting to be a "normal person" and not viewed differently by our society.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me the most about AA, is the way that all the clients supported each other when telling their stories or what they were struggling with. It felt like that was their safe environment, the place where they could go and vent without being judged.</p>