

## Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I was able to maintain a safe and quality environment by adhering to Aspire and CSON's code of ethics and by adhering to HIPPA to maintain the privacy of the patients.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<ul style="list-style-type: none"> <li>• I was able to apply previous knowledge to this situation from learning nursing care concepts and topics such as alcohol/substance use withdrawal, therapeutic communication with the client, and holistic care approaches.</li> <li>• I can apply these learnings from past clinical experiences with other clients who shared similar backgrounds and apply it to an experience like this clinical. I can also use this experience to help further my therapeutic communication in my nursing practice in the future.</li> <li>• What I learned from this clinical experience is that addiction can come at any time, at any age, and it can be from anything. I also learned just how important it is to listen as well as providing a non-judgmental space in order for clients to be able to express what is ailing them.</li> </ul>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One client I noticed in the group had stage 2 liver failure due to alcoholism, a few concerns regarding this client would be: liver function, alcohol dependence, nutritional deficiencies, and emotional/underlying reasons as to why the client developed alcohol dependence. As for recommendations/interventions would be: Nutritional support, patient education and medication management for proper liver function, as well as to continue in the alcohol cessation program the client is currently enrolled in.</p>
<p style="text-align: center;"><b>Professionalism</b></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 during this clinical by giving the clients privacy and respect for their space and their therapy session, I listened to every single one of these clients tell their stories. This taught me that part of professional nursing practice is engaging in active listening, and it is vital to client recovery and rehabilitation as well as the nurse-patient relationship. What it taught me about myself is that in order to truly care for others, you need to listen to them too, especially if they show signs of depression/anxiety. It also taught me that with people in recovery, you need to meet them where they're at.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I had the opportunity to listen in on group therapy, and I was able to engage in active listening during the session. By giving the patients their space to express their feelings, challenges, and victories, by doing this I</p>

	<p>was able to provide a safe space for the patients to express themselves in a non-judgmental environment.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<ul style="list-style-type: none"> <li>• I will admit I was feeling a little bit nervous and just overall didn't know what to expect in the beginning.</li> <li>• I was just thinking "what will it be like?", I know addiction has no prejudices, so I knew that there would be a wide array of individuals there.</li> <li>• During the group therapy session, I felt empathy for these men, in a culture where men are taught to be 'tough', seeing these men open up about their feelings and being able to share them amongst each other without prejudice towards each other was touching to me emotionally. It was something I had never really seen before shared amongst men.</li> <li>• The words of the group leader/owner, Robin, struck me and made me think about my own shortcomings, it made me able to relate a lot to everyone sharing in the group.</li> <li>• I felt positive about the outcome of this whole experience, I really enjoyed being able to experience Aspire Fire Ranch.</li> <li>• The most important emotion I had was empathy, but the feeling I had was a feeling of understanding on an emotional level with these men.</li> </ul>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me the most about Aspire, was how nice their facility and living spaces were, it felt like a home. The men there were all very nice and welcoming, even feeding my peers and I lunch, along with the amazing staff and the owners. The owners are some amazing individuals, and they run a wonderful program, I feel like they truly care about individuals wanting to recover from their addictions.</p>