

## Aspire Reflection

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Fire Sky Ranch is not a traditional clinical environment, so this question was a little more difficult to answer. That being said: to maintain a safe environment, cleaned up after myself after we ate dinner together.</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>	<p>The group discussion was very enlightening for the experience of an addict in recovery, as well as good ways to educate patients about taking their mental health and even physical health seriously.</p> <p>I was very impressed by the focus that this recovery program put on giving their patients dignity. I think that dignity and respect is something that nurses can give to their patients and is very important for our practice.</p>
<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 of the clients was a young man, perhaps a teenager, who was addicted to fentanyl. I was very concerned for him because he was forced to take fentanyl just to not be violently ill from withdrawals. I would recommend that when he tries to “get clean” that they have medical staff nearby to assist in coping.</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 professional during the group meeting by listening attentively, sitting quietly, and being respectful of everyone in the room.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I did not get the chance to talk very much during this clinical due to the nature of the group therapy meeting. I was able to ask people their names and a little bit of their story during the shared dinner to facilitate communication.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the</li> </ul>	<p>At first, I was a little nervous because I didn’t know what to expect and there wasn’t a clearly defined role for me to fill. I</p>

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<p>beginning?</p> <ul style="list-style-type: none"><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>	<p>wanted to be engaged but I worried about offending or saying the wrong thing before we were oriented to the site. Once everything got started, I was just so impressed by the friendliness of the staff and the clients. I wish there was a way for everyone to experience this place, because good mental health is beneficial for more people than just addicts.</p>
<p><b>Evaluation</b> What stood out the most about Aspire?</p>	<p>What stood out most to me was the no-nonsense manner of speaking and educating that the therapist had with his clients. He met them where they were at.</p>