

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>During my visit at Oceans, I made sure that I was aware of my surroundings at all times. I never felt unsafe in anyway, but always had my guard up just in case. I also never was left alone with a patient and use the skills we were taught when with a patient. Such as not turning our backs and staying near the door.</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>I was able to intergrade my knowledge when listening to what they had to say. In group they talked about setting healthy boundaries and as nurses we have to do that with patients as well. Earning that trust but being sure we aren't crossing lines which was a big teaching point in group. Using communication skills for what we are and aren't comfortable with our relationships.</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>My patient who had liver cirrhosis concerns me. He was jaundice and his labs were not looking good. Mentally he's doing better and seems to be taking the right steps to getting better. My recommendations would be to continue his meds and don't drink any more alcohol which he has stopped.</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 maintain professionalism by speaking to the clients in a respectable manner. I think its easy to be a little worried about how some of the patients might be. However they are people too, they want to talk and connect to others. This shows me that no matter what someone is going through, we should treat them with</p>

	dignity and respect.
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I talked to my patients using therapeutic communication when interviewing them for our questionnaires. If they wanted to talk more about a certain topic, I would ask more questions like, how “did that make you feel, what else can I do to make you feel safe.” These questions can open doors for our conversations to be more trusting and open.</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 was definitely nervous about being at oceans. I was thinking what if one of them doesn’t like me or what if they don’t want to speak to us? However, my emotions towards it shifted quickly. Once we talked to patients and got to do activities with them, it became very relaxing for me. Getting to talk and color with my patients was very fun for me.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>Overall this was a very insightful experience, Oceans is a very interesting place and its important we get to see what goes on in there. I think what stood out the most was the staff, they were all so willing to help the patients. They seem to enjoy what they do and making the connections with the patients. I think that its important to have people who are compassionate and empathetic surrounding you!</p>