

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 style="text-align: center;">I was holding my staff close to me, I was watching my surrounding.</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 style="text-align: center;">I can apply healthy boundaries in my life by saying no when needed. Respecting my patient's boundaries and listening to what they need. I can use healthy boundaries in a healthcare setting in telling people my boundaries, where they have crossed and let it not it come to a point I just feel anger. I have learned that everyone is dealing with issues in life and to treat everyone with kindness and help them where needed.</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 style="text-align: center;">My client was suffering from hearing voice telling him to harm other people. Some recommendations is observe q15 min for self-harm and can harm other people, continued therapy that helps him deal with bad thoughts like, walking coloring and music. Medications that will help with the symptoms, and also letting him know he is safe.</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 style="text-align: center;">I maintained professionalism by dressing appropriately for clinical. I also performed my assessments in conductive manner by introducing myself and letting the patient speak and also listened without interruptions.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">I utilized therapeutic communication by listening to my patient needs and acknowledging what they feel is real, by not dismissing but understanding them from their viewpoint. By doing activities together which makes it</p>

	<p>more collaborative and patients enjoy activities.</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 was feeling anxious at the beginning because this was new to me. But as the patients came and we started having conversations I was more comfortable because, I was learning about them and hearing them out. I felt happy that I could be there to support them and just be with them. With the outcome of the whole experience, it was nice, I learnt that everyone is going through something and just treat them well.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out most was what the patients have gone through to be there and their desire to get better. Most of them have stories of difficulties in their lives but are willing to share and still have joy.</p>