

Aspire, AA, and Oceans Reflection (300 words minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I joined some of the patients as they were doing a puzzle and I initiated the conversation, and we got to talk for some time about their situations, like what brought them to Oceans and where they were from which helped me build rapport with them.</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>Through my classroom knowledge I learned that the group therapy I attended was an education group because the nurse was teaching the patients on how anxiety manifests in different people and ways to manage it. I also shared how I manage my anxiety; by going for walks and listening to music I love. Other people shared how they deal with anxiety for example someone said she got lightheaded when anxious and taking deep breaths helped keep her calm. I will use the strategies I learned in my future practice as a nurse for example when a patient is anxious, I can tell them to drink cold water as a way to ground themselves. In clinical I learned of what nurses do in the facility for example the assessments and therapeutic communication techniques they use.</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>The patient I had in clinical had postpartum depression. The concern I have for her is safety because of her psychotic symptoms. I would recommend milieu therapy where her environment is controlled to prevent harm. I also recommend therapy, either group or one to one, where she gets to talk to someone else who can support her.</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 maintained professionalism by actively listening to the patients and not giving advice and by being non-judgmental when they shared their experiences with me. This has taught me that as a professional nurse, I need to be selfless in order to maintain a good relationship with my patient. This has also taught me to show more empathy even outside my practice as a nurse.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening whenever they shared their experiences and exploring by asking them to tell me more about their situation.</p>
<p style="text-align: center;">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? 	<p>I was nervous at the beginning because I've never been to a psych facility before and I didn't know what to expect. At the time I was thinking of how I'm going to communicate with my patients and the therapeutic communication skills I'm going to use. I felt good because the event went better than I anticipated and I got to talk to a few of the patients. I thought of what I would do if a loved one of mine needed psych help, like if they had suicide ideations. It made me feel more compassion for the client and it</p>

<ul style="list-style-type: none"> • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>reminded me to check in with my loved ones. The outcome was great. I got to see how the nurses communicate with the patients. I saw milieu therapy in action and I got to see what psychotic symptoms would look like in a patient. I felt hopeful because the patients were able to get the help that they needed.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood about Oceans was the milieu therapy. The environment was set to prevent harm like the heavy chairs and rounded corners, there was calming music playing in the background and there were board games on the table to encourage socialization.</p>