

## 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 arrived on time for the meeting, I was silent and paid attention while the others were sharing in the discussion.</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>In the meeting they talked about the 12 steps for recovery. They went over the first 4 previously so on this day they discussed the 5<sup>th</sup> step which was about admitting all the wrongs you've caused due to alcoholism and making amends. From what I've learned this was a support group because all the members were alcoholics and they were discussing and supporting each other. I learnt how important it is to admit your wrongdoings. For example, one member shared how he refused to believe he was an alcoholic despite the trouble it was causing in his marriage and until he admitted to himself that he was doing something wrong that's when he sought help. This will help me in my future practice as a nurse since I may suggest this technique to my patient so that they can get the help that they need.</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 patient shared that he has been 2 months sober but then he stopped contacting his sponsor about a week ago yet he had been the one guiding him throughout the process. I would suggest that he contacts his sponsor and maintains their relationship since its worked in the past. Also continue attending the AA meetings consistently to build accountability.</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 by wearing a decent attire to the event. I arrived on time and stayed silent while the others were sharing. I was also paying attention so that I can get the most out of that experience. This has taught me that professional practice builds trust. The group members trusted me enough to share their personal stories and being professional played a big part in that.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening throughout the meeting. I didn't share anything in the meeting because they were talking about their 5<sup>th</sup> step in recovery and I wasn't in recovery.</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</li> </ul>	<p>I was feeling nervous because I've never been to an AA meeting before and I didn't know what to expect I was thinking of what we were going to read in the books they gave us in the beginning as we walked in. The words of others made me think of what nurses should be like non-judgmental, kind and supportive. It made me feel good because the alcoholics were able to find a place to share their thoughts and feelings without feeling judged by others. The outcome was great, almost everybody shared in the discussion, we finished</p>

<p>outcome?</p> <ul style="list-style-type: none"><li>• What is the most important emotion or feeling you had?</li></ul>	<p>within an hour and prayed before leaving. The most important emotion I felt was hope. I felt hopeful for the community because the AA meeting was a nice place to get support and guidance from others who are recovering.</p>
<p><b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most about AA was the people. There were people of different ages in the meeting both men and women unlike Aspire which was only men.</p>