

Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>To maintain a safe, quality environment I kept my phone in the car, didn't bring in outside food or drinks, and made sure I wash my hands regularly. I also kept my personal details hidden to protect myself from the patients.</p>
<p><b>Clinical Judgment</b> 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>I was a little shocked in group how much the therapist talked about herself and her personal information. I wasn't expecting this because of all the warnings we received to not share of ourselves.</p> <p>Also, I liked the emphasis of tolerance, regulation, and community in both the group therapy and the group activities. All teaching was based in how the patients could practically apply what they are learning. This is something that I can take with me in my practice. My patient teaching should always be very practical.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>I was really concerned for Connie. Since there is not much that can be done to cure or reverse dementia, I was really sad for her and her family. She desperately wants independence and freedom, but that is becoming less and less a viable option for her. I recommend as much time outside in the sunshine and as much family therapy as possible for her while her cognition is still relatively intact.</p>
<p><b>Professionalism</b> 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>To maintain professionalism, I kept my voice regulated and didn't joke coarsely with the patients to maintain a therapeutic milieu and not trigger anyone intentionally.</p>
<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I was able to utilize therapeutic communication along with offering presence to the patients at Oceans. I kept my sentences clear and unhurried. I established the expectations of the interaction early on. I offered a peaceful presence as I colored with many different patients. This activity helped break the ice and made the conversations less awkward.</p>
<p><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 outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>I was really worried at first. I am a little awkward and introverted by nature, so I was worried about a clinical experience that was almost exclusively small talking and engaging meaningfully with strangers in a casual, open setting. However, I was impressed by myself in how much I put myself out there and went for it. I felt shocked by how fast the time went by. My take away is that therapeutic communication and psychiatric patients are not as scary as they may seem at first.</p>
<p><b>Evaluation</b> What stood out the most about Oceans?</p>	<p>What most stood out to me at Oceans was the almost uncanny valley feeling of the atmosphere: not quite a hospital and not quite a residential environment. Everything was locked up and regulated from the TV remote to the ChapStick.</p>