

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>Something I did to maintain a safe quality environment was get to know the owner of the rehab, he then gave us a tour so we could become familiar with our surrounding and he made sure we knew what we were going to be doing throughout the day.</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>Something that I can apply from listening in on group is therapeutic communication. Never once did the group leader make any of the patients feel bad about themselves or their past. In fact, he listened and then would validate all their feelings.</p> <p>I think I can take what I learned from this clinical in my future practice because sometimes all patients want is to be heard and validated. I think at times I forget that aspect of nursing, I get too caught up in making sure I am doing my assessment, or med pass or whatever it may be and I don't take the time to just sit and listen to my patients.</p> <p>from this clinical I learned that even though you might not look like you are struggling with something/ going through something, it doesn't mean you aren't actually dealing with something. I think going into this clinical I had the thought in my head that all addicts looked a certain way, when that is not the case at all. These men look just like me and you, in the sense that they are normal, hard working people in this society who seemed out the help they needed to better themselves.</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>One client in the group was there because he struggled with a bad meth addiction. He completed the program about a year ago, relapsed, got back into the program, got clean and has been clean since. He continues to come to group therapy even though he is clean. One recommendation I would have for him is to continue to come to meetings. I think it is a good safe place for him or anyone to open up about how he is doing/ feeling without fear of judgement. At one point he talked about how he wants to go back to school and pressure a degree in psychology, so another thing I would maybe suggest is for him to look into volunteering at Aspire, and maybe talking to a group of men who are going through the same thing he did. I think this could be good because not only does he get to tell his story and how its okay to seek help, relapse and try it again, but I think it could be inspirational for some of the other patients to hear his journey.</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>One way that I maintained my professionalism is I never once judged any of the patients. I personally think they were all very inspirational, to hear their stories and to hear their struggles and hardships that they've been though.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>When speaking to some of the patients, they would tell me their stories and what they've been though and how they are doing. In response to them, I never asked them why they did certain things, or judged them or made assumptions about them.</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 feeling kind of nervous, because when you're told that you are going into an all mens rehab you truly have no clue what you're going to walk into. Once I started talking to the owner and heard his story and why he started this rehab those nerves went away immediately. The patients were all so kind, they wanted to get to know us and the were very welcoming. They told us their stories and what they do for work, even talked about their families. I personally loved this experience, it was such an eye opening experience that I am glad I got to experience. I have an alcoholic father who refuses treatment and has once ended up in the ICU due to accidental alcohol withdrawal, so hearing the stories from some of the patients who dealt with the same thing was very emotional yet made me so proud of them for taking that next step into getting clean.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me at aspire is how homey and welcoming the facility is. I truly loved it and I am so glad I got to experience it.</p>