

The Way Out, AA 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>I believe I created a space where participants feel heard and respected while attending Alcoholics Anonymous (AA) meeting as a student nurse. It gave me some valuable insights into both the challenges people face with addiction and the role of healthcare professionals in supporting their journey toward recovery. Being a student nurse, I practiced keeping an open, non-judgmental attitude, which is vital when people are sharing deeply personal experiences. AA meetings emphasize confidentiality and trust. Ensuring that any sensitive information shared in the meeting remains confidential was part of my responsibility as a student nurse, supporting both the safety and quality of the space.</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>I have learned that addiction affects not only the body but also the mind and spirit. From attending AA, I gained a better understanding of the holistic approach to care—acknowledging that recovery involves addressing emotional, mental, and social aspects of health, not just physical symptoms. This perspective is vital in nursing practice, especially when working with patients facing substance use disorders.</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 member of the group shared a deeply personal story about her struggle with alcohol addiction. She admitted that she had been dishonest with herself and her family about the extent of her drinking habits. She described waking up each day and drinking until she blacked out, repeating this cycle day in and day out. For a long time, she refused to acknowledge that she had a problem and believed she could quit whenever she wanted.</p> <p>It wasn't until she became honest with herself that she realized the severity of her addiction and the toll it had taken on her life. She had lost her family—her children no longer wanted to spend time with her—and she lost her job as well. Honesty with oneself is a huge turning point in addiction recovery. This member has made an essential first step, but the road ahead will require continued self-awareness, support, and the courage to face difficult emotions. Her willingness to acknowledge her addiction and the consequences it has had on her life is a great foundation, and with the right resources and support, she can rebuild a healthier, more fulfilling life.</p> <p>As a student nurse, I can help by providing information, emotional support, and helping her navigate the available resources. By guiding her toward professional</p>

	therapy, self-help groups, and practical recovery plans, I can empower her to move forward in her journey to recovery.
<p>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 respected the confidentiality of the AA meeting by not disclosing personal information shared by group members. This fostered an atmosphere of trust and allowed individuals to feel safe sharing their experiences.</p> <p>I also practiced active listening without passing judgment. I made sure to approach every situation with empathy, acknowledging everyone's journey without labeling or making assumptions.</p>
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I had more of an observer role in the AA meeting. It was more about learning and reflecting rather than directly engaging with the group members.</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>Attending the AA meeting made me feel grateful for the opportunity to learn from individuals who are going through a challenging recovery process. It gave me a deeper understanding of the complexities of addiction and the importance of support networks. I also felt humbled by their willingness to be vulnerable and share their experiences, which highlighted how important it is for healthcare providers to create a safe, non-judgmental space for patients to open up.</p>
<p>Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most was the moment when a group member admitted the full extent of her alcohol problem. Her realization that she couldn't quit on her own and needed help, despite losing her family and job, was a powerful turning point. It highlighted the importance of self-honesty in recovery. Additionally, the sense of community in the group, with members supporting each other, stood out as a crucial aspect of healing and recovery.</p>