

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 style="text-align: center;">Cleaning up any trash that was in the group room helped maintain the environment so others would enjoy .</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 style="text-align: center;">The AA meeting was structured and went by a script. It stuck to it enough that even though there was not a leader at the meeting today, another member was able to step up and help guide the meeting. For some of the people that attended these meetings, they knew what was going to happen by heart.</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 style="text-align: center;">There was one client who seemed very withdrawn and did not really participate. When asked to talk to talk, they said that they would just be listening today. I think everyone did a good job supporting this person because they said “thank you for coming” then just moved on. I just wish someone would make sure that he was doing okay after the meeting in private.</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 style="text-align: center;">Me and the other student I went with introduced ourselves immediately. We were very polite and used manners to respect that we were guests. The people attending were very welcoming, they even told us to come back any time we wanted.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">I utilized nonverbal communication for the majority of the time during the meeting. While I did talk to one person beforehand, during the meeting it was one person talking at a time. I made sure to pay attention and look attentive. I wanted others to know that I wanted to know more about their situation, I wanted to be there, and that I care about their stories.</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? 	<p style="text-align: center;">I was kind of nervous going into the building. I did not know how welcoming other people would be of nursing students sitting in on the meeting. I was immediately put at ease by everyone in the meeting. I was offered coffee and snacks. During the meeting, I never had a conversation</p>

<ul style="list-style-type: none"> • 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>with anyone, but by then end I felt as if I was familiar with everyone there.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The thing that stood out about AA was the bond that everyone had between them. There was an understanding that even though everyone has a different story and different lives, they were all stiving towards the same goal and had one major aspect in life the same.</p>