

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>Not really sure what to apply here, theres not necessarily safety procedures. That being said they were welcoming and the sense of community was very nice to see</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>To be honest, I feel as though there is not much, if any, way to incorporate the classroom teachings. We just sat quietly listening and the group was mostly just explaining their stories and sorts of messages they had for one another. Not led by any one person (Which was completely fine and I still enjoyed)</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 there stated she had relapsed the night before and was having suicidal ideations during the meeting. I would recommend her seek evaluation and for her support to monitor her closely. It was very brave of her to come forth with that and I hope she is okay</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>I just stayed quiet and maintained a neutral affect toward everybody. I had no reason and did not want to judge anyone. These people are all here trying.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>No therapeutic communication utilized, just polite to all.</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? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the 	<p>I was nervous for this one. Not because of the people, it's just a new environment. During I felt a lot of empathy towards these people. They all had such harsh stories and it really puts into perspective how you never know what someone is going through or has been through. To me, all of these people were brave. They used their names even though they did not need to and all embraced their stories. They were not proud of themselves but they acknowledged where they may have shorted themselves. I have so much respect for all of these people whether they've been sober for</p>

<p>outcome?</p> <ul style="list-style-type: none">• What is the most important emotion or feeling you had?	<p>years or hours. They're trying and even the ones not present are usually trying as well. As a nurse it's not my responsibility to tell them to find help but my kindness toward them and seeing them as the same as myself (just someone trying everyday to be better just different circumstances) can be a difference.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The religious aspect of it and how it really helps them find a sense of purpose.</p>