

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>I accomplished a safe environment by helping patients to their chairs and helping patients in wheelchairs get to where they needed to be.</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>As I listened during group, I enjoyed hearing the therapist discuss what anger could do to you if you repress anger. She stated, “having anger is like a canned bottle, you can use a depressor to depress it into a flat object. But when you depress it, it must pop to be depressed.” Which made sense because some people that have anger try to depress that anger, and it comes to the point where you pop, and it can lead to a harmful outcome. Secondly, I can use this knowledge not just in my practice but in my future because I understand that when people/patients have an angry outburst its coming from a place where they hid that anger and had to finally let it out. Finally, I learned that people that have the same disorder will have different symptoms.</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>The client in the group that I noticed was a male in his late 60s. He seemed to have a lot of anger. As the therapist talked about ways to cope with anger between partners, he repeatedly said, “how to I apply this knowledge if I don’t have anyone.” It seemed like he really wanted to learn different coping methods to help with his anger. The intervention I would suggest is getting therapy and him learning ways to cope as an individual.</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 maintained professionalism by introducing myself to the patients and communicating with them. I also maintained professionalism by helping the patient receive their trays and helped them find their place.</p>

<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication/collaboration by helping the patient to orient them to current time. As well as validate what the patients were telling me they were hearing and seeing.</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>In the beginning, I was feeling very nervous, anxious, and scared of the unexpected. I was thinking that someone was going to harm me or someone was going to harm someone else and I wasn't going to know how to react to the situation. But as the day went on it made me understand that these patients need guidance and help to overcome the battle they are going through. I now understand that with them taking medications and talking to therapist it can help them overcome or get to where they can function appropriately. Finally, the most important emotion I had was sadness. I felt this way because it saddens me that most of the people that are in this position is because in their past someone or something traumatic happened to where they either had to use drugs to feel better or delayed getting help and are now suffering with these disorders.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me at Oceans is that all the patients got along. They all had their group of people that they could color or play games with. It also amazed me how other patients spoke out if another patient needed help. I thought it was great to see how they communicate with each other and how most of the patients that were getting discharged were planning on visiting the friends they made in the unit.</p>