

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>We sat and listened in on two group sessions. We did not interfere with or interrupt any of the clients while they were telling their stories. We also introduced ourselves and thanked them for allowing us to observe their journey.</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>Nursing care and patient advocacy are subjects we've learned about previously that I felt like I used while visiting Aspire. Although we haven't begun learning about psychology yet, the therapists were discussing and teaching about how our minds/egos can trick us into believing we need certain things to cope. I really enjoyed hearing the therapist teach and I know this will help me be better prepared and understanding in the future when I have a patient dealing with addiction/withdrawals. After hearing some of the client's stories, their trauma and own minds led them to their addiction, getting help takes so much courage and we as patient advocates need to do a better job of being understanding and showing empathy.</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 talked about being fearful of hanging out with his friends again because he did not think he could without drinking. The therapist told him that he does not have to completely cut off his friends forever. However, right now at the beginning it may be in his best interest to not hangout with his friends if he feels like he couldn't say "no" to a drink or if his friends can't go without drinking around him. In time he will be able to happily hangout with his friends without fear of relapse. I agree with the therapist, he needs to give himself time and when he is ready, he can start getting back out there socially without drinking.</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 never judged or questioned why any of the clients did what they did. Several of them spoke about jail and trouble with the law. This experience really reminded me that addiction is a disease, and they are asking for judge-free help by coming to Aspire.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>While we did not necessarily talk to the clients, we witnessed the therapists collaborate with the clients to create a plan that fits them best. Each client has different problems/addictions, and they made sure to ask clients what they feel like the next step should look like. They communicated very clearly with each other, often asking questions and making sure to check for understanding.</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 outcome?• What is the most important emotion or feeling you had?	<p>At the beginning of this experience, I was a little hesitant and envisioned more of a hospital rather than a place that felt like a home. Once we stepped foot through the door, everyone was so nice and welcoming. Listening to the sessions was very eye-opening and I honestly could relate to some of the topics they discussed. The clients were so vulnerable and opened up to one another, it was truly an amazing experience to witness. By the end of the day, Aspire is somewhere I could see myself working in the future. I think a lot of times we think of addiction as a choice when it is a disease, and like all diseases they come to us for help. It is our job as future nurses to change the stigma that comes with addiction, I hope I can be a part of this change!</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I am truly so thankful for the opportunity to visit Aspire and think it is a place and field every nurse needs to visit. It reminds me that everyone is human and asking for help takes courage. The staff were amazing, and you could tell they truly want to make a difference in people's lives. Mental health isn't talked about enough and I hope I can take this opportunity and use it to better myself as a future nurse.</p>