

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>Although we really did not have an opportunity to provide for patient safety, the other students and I stayed together and paid close attention to our surroundings in order to account for our own personal safety.</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>Robin used therapeutic communication in a way I wasn't anticipating. When one of the newest patients derailed the conversation, he let him continue for a few minutes and then politely directed him back into the group conversation. I felt that the patient probably felt as though his feelings were heard, but the rest of the group did not miss out on the meeting as a result. I had wondered how to handle the situation and got to see a very good demonstration.</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 newest patient seemed to have a lot of triggers and communication issues with his family. I believe that family visits might be delayed for a few weeks until he has begun to function better as a part of the group and on his own.</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;">My classmates and I were on time and open-minded to a new clinical site.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>We did not get much of an opportunity to interact with patients, but all of us shared our introductions in group.</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>I was feeling a bit cautious about visiting a drug rehab facility at the beginning of the day. As soon as we met the owner, the therapists, and several patients, my entire outlook changed. Everyone was helpful, kind, and the patients reminded me of so many patients that we have encountered in other clinical settings. I mainly felt empathy for all of these men who had careers, families, and entire lives that had been derailed by substance use.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>Aspire was such a comfortable environment. I am thankful that a facility that is that welcoming is available for these young men.</p>