

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>Two things that I accomplished to maintain a safe quality environment was greeting everyone and actively listening to the patients when they would talk. The patients really appreciated having someone listening and being treated like a normal person of society.</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>I was able to integrate classroom knowledge when “lorazepam” was mentioned I quickly identify it as a Benzodiazepine. It helped me to realize that the patient was having some anxiety especially about leaving. Knowing the class and what the medication is used for was like finding the last piece of the puzzle. I will defiantly integrate knowing what meds my patients are on and why in nursing practice. I have leaned that pharmacology plays a huge role in health care and how it can influence the patient.</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 specific patient had fell into temptation of abusing alcohol 2 days out. The main problem is the fact that he owned a bar. The biggest recommendation that I would have pushed for was seeing if he could work from home. That way he isn’t surrounded by temptation.</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 turning off my phone as soon as I got to Aspire. This really helped me be more engaged in the activities and less distracted.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>The main therapeutic communication I used was cracking jokes with the patients. I love breaking the awkward tension with a good joke. These patients have hit their lowest point and nothing is more uplifting then a good joke to make them smile.</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>In all honesty I wasn’t to fond of the 5-9 pm clinical especially with our exam on Monday. This really crowded my judgment upon arrival. Once the activities started my view shifted from angry to sympathetic. After hearing the stories of how they got into the substances I was touched. In that moment worrying about the exam wasn’t on my mind. I was so invested on how these people realized they had a problem and wanted help. The outcome of this experience was phenomenal. My main emotion I had during the experience was inspired not only in the addicts, owner, and the actual facility itself.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The main thing that stood out to me at Aspire was the actual owner being a recovering addict. That is absolutely awesome having someone that found help and made it his living to help others.</p>

