

## Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>To keep a safe quality environment, I think I did a good job about introducing myself and making sure the patients knew who I was. This is for safety so the patients know who I am and know that I am supposed to be there.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>During the group we talked about the stages of grief and how to go through these stages. We have talked about this before in class, so I was reminded of that. I always looked at some of these stages in a negative way, but I realized that these are actually a very good thing when patients are going through these things. Each person grieves in their own way and has to go through different things to get to that stage of acceptance. This can also take up to two years, so we should never think someone should be over something in a shorter time period.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One of the patients had a great personality, but during the group he could not take anything serious. Everytime he talked he liked to make different jokes. There is no problem with joking, but you could tell he did not want to get serious and would rather hide his emotions by joking around and laughing. I would recommend this patient to find someone who he can talk to about his emotions, because if he holds everything inside he won't be able to talk through certain problems.</p>
<p style="text-align: center;"><b>Professionalism</b></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 think I kept professionalism by the way I talked to the patients. The patients were always so open about their lives and I feel like I responded in a professional manner. I need to be more confident in myself and not second guess myself when I am speaking. I need to remember these are just normal people who I can talk to.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I think I communicated therapeutically to these patients by just talking to them like normal. I used reassurance and active listening when patients were speaking to me. We played games with these patients and did puzzles together and communicated effectively. We had a great time with these patients and listening to their life stories was amazing to hear.</p>
<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> </ul>	<p>I did not know what to expect at Oceans, but when I got there I felt more relaxed. After seeing the patients and how friendly they were, it made me feel more at ease. These patients are just people and when I told myself this, it made me feel more confident. It made me feel hopeful when the patients knew and could realize that they needed help. I think it is a testament that they are reaching out to try to get better.</p>

<ul style="list-style-type: none"><li>• How did this make you feel?</li><li>• How did you feel about the outcome?</li><li>● What is the most important emotion or feeling you had?</li></ul>	
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>One thing that stood out to me at Oceans was the patients and their relationships to each other. They got along so well and would hangout with each other during the day. They were very supportive of each other and wanted each other to get better.</p>