

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>Some of the employees would let us know which patients would not be a good candidate for interaction and/or conversation with us as the students and I respected that and the patients' boundaries to keep everyone safe.</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>During the group sessions I listened in on, I witnessed all of the curative factors of group therapy in live action. I saw how helpful and beneficial it was for people dealing with similar situations can benefit from each other in several ways.</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 I can identify was suffering from depression and suicidal ideation. I would recommend that she join some supportive groups to help with her feeling alone. I think she should attend 1on 1 psychotherapy sessions to talk through and grow through the cognitive distortions she has allowed herself to believe. She could also benefit from financial resources and government assistance considering her condition inhibits her from working and without employment she is unable to afford her psychiatric medications, nor can she afford to buy quality food items.</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 utilizing therapeutic communication when speaking with the patients. I also exemplified professionalism by being prompt, actively participating and assisting the patients with any needs as applicable.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by being an active listener, even when I didn't know what to say, I was silent. I refrained from giving advice or downplaying anyone's situation but rather used it was an opportunity to each individual on a deeper level and therefore cater to their needs appropriately.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the 	<p>At the beginning, I was never because I did not know what to expect. Movies and media portray psychiatric centers to be something totally</p>

<p>beginning?</p> <ul style="list-style-type: none"> • 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>different than what was experienced at Oceans. I'm glad I was able to have that experience which help eliminated some of the stereotypes I had and help other people understand as well, helping to disqualify the stigma around mental illness.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Oceans</p>	<p>What stood out the most was the minimal amount of work the nurse is required to do. The only thing I witnessed the nurse do was pass medications. I guess I was expecting to see nurses busy and on the move throughout the shift.</p>