

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>I maintained a safe environment by communication to every patient like I would talk to one of my peers. Yes, they're patients, but they are also still human, and deserve to be treated as such.</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? 	<ul style="list-style-type: none"> • I didn't have much knowledge about Schizophrenia or post-traumatic stress disorder. I knew to treat them with respect, and not to stand directly in front of them. I give minimum eye contact, and offered a listening ear to both my patients! • Absolutely, for PTSD I would quickly learn my patients triggers, so they can be avoided. When doing the PTSD scale on my patient, that's when I got to hear their story. • I learned that these patients are not like how they are portrayed in media, such as movies. Medications do help them, but so does listening to them. Not giving unwanted advice, but just hearing what they go through, gives so much insight on why they act like the way they do.
<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>My client with PTSD seemed okay, good attitude and normal affect. The next day he was very irritable and did not want to talk. The nurses told us that he had a bad night, but when I got the opportunity to hear him out that was not the case. The nurse techs are not very understanding and have little to no patience. I seen it, I believe if any interventions are need, it has to start with the staff. I am not saying it's all of them, but all it takes is one bad experience to set of the patients.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p>	<p>I maintained professionalism by coming in clean clinical attire, arriving on time, and tending to the patients needs. It has tought be to wake up earlier to be prepared for the day!</p>

<p>(What has this taught you about professional practice? About yourself?</p>	
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by listening more than talking. I didn't give too much eye contact and asked open ended questions. My patient told me that he often does not feel heard. I feel as if he needed to vent, we all do sometimes!</p>
<p>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? 	<ul style="list-style-type: none"> • At the beginning I was nervous. My first interaction with psych patients, I did not know what to expect! • I remember thinking to be nice to the patients, no matter if the patients were nice or not. • Made me feel empathy for every patient in there. My job was to provide help, so I did just that. • The actions of my PTSD patient made me realize that psych patients are still human. They deserve the respect and help of any other patient. <ul style="list-style-type: none"> • Grateful for the experience! • Also grateful to put what we learned in class into real life! <ul style="list-style-type: none"> • The most important feeling I had was the feeling of nervousness. I felt nervous because I only want to do right by the patients. This means a lot to me, sometimes while studying I can catch myself feeling as if I don't belong in this field. Getting nervous means I still care, and always have.
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The actions of some of the nurse techs. They talk poorly of the patients, and treat them like they're a bother to them. I do not like that one bit. I cannot wait to be a positive experience to any and all of my patients!</p>