

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>Maintaining a safe environment was different in this aspect of nursing because there wasn't nursing care involved. So I would say that making sure nobody was drinking alcohol or smoking anything other than nicotine around the area. While it wasn't something that we actively were assigned to watch, it seemed to come as natural instinct due to the nature of the setting.</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>Habits, coping strategies, and personality traits are formed by the type of parenting and environment they grew up in. So while they may think "why am I like this, I'm damaged goods" A lot of what we do now for comfort or when we're stressed to deal with obstacles in life stem from an age that we cannot control and or pick what goes on around us. Addiction changes the brain chemically. For example, someone whose used methamphetamine for a long time has an impaired natural ability to release dopamine. After using the drug for a while, the brain stops being able to make dopamine on its own and it takes up to a year for things to even start trying to revert to its original state. Clinical has given me hope that there are places and people who DO care, it gives me hope that my dad, has a chance at living a normal life again. It's easy to fall down and not get back up with the judgments and the stares. Falling into the darkness of "her dad is an addict; she's enabling him by not cutting him off ." This is a hard topic for a lot of people to talk about and admit to. I was extremely honored to be a part of the meeting listening to the stories and struggles of real humans.</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>There was one male who was scratching at his arms and hands. His arms were inflamed and swollen to the point where he could not bend his fingers. He was so worried about wanting to follow the steps in the program and do what he was supposed to do mentally, he wasn't taking care of his physical health. His skin on his hands looked like something that my family experiences often with eczema flare ups. It might be a great idea for the facility to do more medical overall check ins. If someone isn't physically healthy, their mental health may suffer despite the effort. Just in brief he mentioned to me that he did not see a regular doctor, his focus was staying sober. Implementing a care plan that prioritizes all aspects of the patient would help patients recognize abnormal changes in their bodies.</p>
<p style="text-align: center;">Professionalism</p>	<p>While it can be easy to fall into the joking and laughing that patients are</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>expressing, it is important to maintain a professional role so that boundaries are not mistakenly crossed. It can be easy to relate to someone however I as a nursing student remained attentive and engaged without personalization involved. "I can only imagine how difficult times have been for you, tell me more about things that helped alleviate some of the weight from those challenges?". Having the urge to want to hug these men like they were my dad, or my grandpa, and tell them "it's gonna work out soon, you're a tough bird." But remaining professional in my role as a nursing student and not saying or doing those things.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>Asking questions to better understand what they're feeling. Building rapport helped them feel more at ease of why we are in this room with them where they share personal things about their lives. We were invading their safe place so reassuring them that even though we are nursing students, they are safe with us. Communicating with words on a level that they understand, sometimes big words are intimidating. Emotional support, and if I didn't know the answer i'd make sure to go to the right source and find the answer, if available.</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? 	<ol style="list-style-type: none"> 1. Extremely nervous going in d/t being a men only facility. 2. Respectively and honestly, I was thinking that I was going to be chopped up in small pieces once I saw that cell service is almost nonexistent there. 3. The event turned out to be one of the coolest things to experience. 10/10 recommend. I felt extremely honored to be there. 4. Words and actions of the owners was a little shocking in the beginning. Professionalism was scarce, but somehow it all just flowed together well. I think it helped the patients feel more at ease to express themselves.
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The facility itself, the number of amenities they have for their patients is phenomenal. The goal is not only getting sober but HOW to live after addiction. Learning ADL'S all over again. Finding the normal after recognizing that life had been abnormal for a long time for them. The group session was like a box of crayons, so many different ages and professions who wouldn't normally interact in public, but walking into this room everyone belonged. It's like the black tie and hard hat was left at the door, because when they spoke, they were exactly where they needed to be. Everyone supported one another. The entire experience gave me chills the entire time. My life is forever altered positively.</p>

