

AA Reflection (300 word minimum) 500

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Attending an AA meeting gave me an insight into a support group. This group consists of eight members who are recovering from alcohol addiction. Although we did not provide direct patient care, ensuring confidentiality is vital. By maintaining confidentiality, members can utilize the meetings to their full potential. In addition, all members agreed that what happens in the meeting stays in the meeting. In addition, meetings/support are offered throughout the day, except for three hours, for people who may be experiencing a crisis or need help.</p>
<p><b>Clinical Judgment</b> 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>As I listened during the AA meeting, I noticed that some of the members were struggling with substance abuse as well. In fact, some members claimed that their substance abuse caused issues within their jobs, families, and mental wellness. I learned in lecture that daily life activities and functions can affect the individual negatively. Therefore, as a nurse it is</p>

	<p>important to provide patients with resources that can assist with substance abuse and improve mental health.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>A client that stood out was the leader of the group. The member stated that his drinking issues interfered with his daily life. He did not have money to pay for bills, groceries, etc. but preferred to use his money for alcohol. He biked his way to work that was across town. In addition, due to having no running water at his place, he would resort to using water bottles to shower every day. In the end, the man ended up losing his job where he was unemployed. Based on the statements from the group member, I would give him resources such as Catholic charities, Goodwill, and the city bus. In addition, I would recommend him to visit an AA meeting sooner so that he can get help.</p>
<p><b>Professionalism</b> 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 calling the New Beginnings ahead of time. I showed up to the meeting early and stayed the whole time. In addition, I was</p>

	respectful and listened to each member's testimony based on the 12 steps.
<b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration	At the end of the meeting, I thanked each member for sharing their testimony. In addition, I told the group that I can utilize the 12 steps to help patients in the future that may be struggling with an addiction, especially to alcohol. I gained valuable insight; therefore, I need to treat each patient with dignity, respect, and integrity.
<b>Feelings</b> <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><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>	I was nervous about attending the meeting because I did not know the members of the group. When I entered the facility, the smell of smoke reeked through the non-air-conditioned building. I had a hard time adjusting to the smell. However, as I listened to the meeting, I realized that these members may resort to smoking to help decrease substance use. I reminded myself that my issue was temporary, but the members were long term. Therefore, I learned that helping patients by providing resources and decreasing

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	stressors can be beneficial.
<b>Evaluation</b> What stood out the most about Aspire, AA, or Oceans	New members are encouraged to follow the 12 steps and attend meetings frequently. In addition, meetings/support are offered throughout the day, except for three hours, for people who may be experiencing a crisis or need help.