

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>In the setting of the AA meeting at New Beginnings, there wasn't much that I could do to ensure the safety of the environment other than to be aware of my own surroundings.</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>This clinical setting was only an hour so it was very quick and not much interaction between anyone happened. It was mainly introducing themselves to everyone and saying how long they had been sober. However this setting made me feel yet again very hopeful that one day my dad will get to enjoy sober living. There are so many different situations that each of these people were in, and all of them were after one thing, support! I felt honored to be a part of this meeting and the trust that these people had to share their stories, in such a vulnerable state.</p> <p>This experience in the future as a nurse will help me be more compassionate in the care that I provide in that not everyone is the same. It taught me the importance of spending time with each person that I encounter in order to take even better care of them. Make them feel important and heard.</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>A recommendation for all people involved in today's meeting is to stay consistent with the meetings and the motivation to want to get better. Keeping their eye on the goal of gaining their families back.</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 professional by active listening and responding when it was appropriate.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication was utilized by listening and providing presence during the times different people were speaking. Being involved in their group prayer in the end while joining hands in hopes to show them that I am human too, and I supported their strength today for being there by choice.</p>
<p style="text-align: center;">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? 	<p>In the beginning I felt sick, due to the smell in the building. It was a non smoking meeting but it smelled like a tobacco plant :)</p> <p>Words and interactions of the others made me think that they are actively trying to stay sober. Some were on day 5 and others were well into a 6 month time period. However despite all of the different points of progress they all supported one another equally, and that reassured me that it was a safe place.</p>
<p style="text-align: center;">Evaluation</p>	

What stood out the most about Aspire, AA, or
Oceans

The amount of support that was given to one another. Nobody was alone.