

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 style="text-align: center;">We went and listened to the group therapy and participated as well. We also did not take anything sharp into the facility to protect the patients.</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 style="text-align: center;">Many of the patients during group spoke on their symptoms that they had been dealing with and many of them were the ones we had learned for their respective disorders during lecture. I had the knowledge of many of the meds that were being taken by my patient as I recalled back to the pharmacology lecture.</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 style="text-align: center;">For the patient that was trying to manage their bipolar disorder but had very little confidence that they could manage both life and their disorder, I would recommend having some sort of support group to encourage him.</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 style="text-align: center;">I maintained professionalism by going to the group therapy and listened/participated accordingly.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p style="text-align: center;">We were all participating in the group activities as well as playing games with the patients throughout the day. We also went on their breaks outside with them and talked with them out there.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the 	<p style="text-align: center;">I was sort of curious at the beginning just because it is an inpatient facility, I was wondering about the layout</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>of the facility itself along with how the patient would interact with each other. I thought it was cool how well the patients interacted with each other, there was no conflict between them that I noticed during our time there.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The thing that stood out the most to me was how much some of the patients just really enjoyed talking with us, it made me feel great to be able to make their day just with a conversation.</p>