

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>A way that I helped maintain a safe, quality environment was to follow instructions. When I first arrived, I was given an overview of the services offered at Fire Sky; I was given a tour, and then I was told to wait in the meeting room.</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>As I listened during the group meeting, I was able to understand that whether it was an addiction to alcohol or drugs, the different men all had a disease. The men may have had times in their lives that they wanted to quit using their drug of choice, but they needed intervention and to rewire their brains.</p> <p>I appreciated that the speaker was able to get the group to respond and answer questions. He frequently changed positions in the room, speaking from a podium, at the whiteboard, or from a sitting position at the front of the room. I felt he created a non-threatening environment and made everyone feel like a valued member of the group. I can use this model to help put patients at ease, and help them feel that they are heard, and understood.</p> <p>I have learned more about therapeutic communication. It is important for the patient to not feel as though they are being judged, also that they are seen 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>I was concerned that one of the clients went into detail about the drugs he used, how much he used, and how he funded his addiction. He seemed to take pride in the amount he used and his resourcefulness in acquiring drugs. He also expressed that he could potentially lose a loved one to a terminal diagnosis, which may trigger a relapse. I would recommend one-on-one counseling to address the underlying cause of his addiction and discuss his reasons for sobriety.</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 demonstrated professionalism by arriving on time and in dress code. I also demonstrated respect and maintained confidentiality. I will continue these practices as a nurse, and this will help others to respect me as a professional.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I acknowledged the clients and Fire Sky staff and thanked them for allowing me to be there. I also introduced myself to the group. I did not interact individually with the clients other than to exchange pleasantries.</p>
<p style="text-align: center;">Feelings</p>	<p>I was glad to be a part of this experience.</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>I thought the facility was nice; I like that Fire Sky offers a variety of things for the clients to do, such as swimming, lifting weights, playing pool, and so forth. I also liked that the men were required to do the cooking and their laundry.</p> <p>I appreciated that the leader and the clients were willing to share their personal stories, and overall, it was a good experience.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The main thing that stood out to me was the lesson taught in group. The leader opened by asking the men to define denial. Next, he walked them through a decision-making scenario involving drinking and driving. Then he discussed techniques people use (such as minimizing or scapegoating) when they are confronted about addiction.</p> <p>I thought it was good that the leader challenged the men to get to the root cause behind their addictions and to own up for their choices. He also told them that no matter what has happened in their past, it doesn't justify continuing to harm themselves and those who care about them.</p>