Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	While at Oceans, maintaining a safe, quality environment is essential for their care. We ensured that doors will close behind us to decrease elopement cases, allowed patients to express in a safe non judgmental environment.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	While at group therapy, the topics discussed in the two days I attended were anger management, being ware of triggers, and rumination. This set the environment to be a comfortable environment for clients to engage and discuss their backgrounds. The therapist used exploring and various clarifying techniques. These are effective therapeutic communication techniques to build trust and understanding between clients. In this clinical I learned the importance of these techniques and saw how significant they were to them. I am encouraged to keep practicing this to promote quality of care.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	I spoke with a patient admitted due to SI with schizophrenia. I was mostly concerned about his medical adherence since he just started a new medication. I recommended the client to adhere to the medication since it can take some weeks for therapeutic effect, and to use his community resources when discharged. I informed him to strong consider an Intensive Outpatient program or a partial hospitalization program for support.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I showed professionalism by introducing myself to my assigned patients and the other clients as a nursing student. I was cordial to all clients and did my best to make them feel comfortable.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	While talking to the clients, many shared vulnerable and personal experiences with me. I maintained eye contact, practiced use of silence and active listening to allow them to express. I also used various of the clarifications techniques such as paraphrasing to let them know I was paying attention and reflecting of feelings.
Feelings • How were you feeling at the beginning? • What were you thinking at the time?	I was nervous, and had my own stigmatization issues, but also open to learning while at a new clinical environment. I was mostly concerned on how the patients would react/respond to nursing students being present.

- 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?	However, I was curious and motivated to learn from the clients and shorty after arrival began to interact with them. After interacting with them, I realized many just wanted someone to talk to. I was reminded of the importance on interpersonal relationships and of milieu therapy for a in patient setting.
Evaluation What stood out the most about Aspire, AA, or Oceans	This is one of the most unique clinical rotations I've had. The facility is was safety and security measures for clients with psychiatric conditions, this is for the staff and the patients. The fact that these patients are here with psychiatric diagnosis was interesting alone to me, it's a field that I'm considering entering.