Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	avoided having patients at my back and having prolonged conversations that could increase agitation. Patients also had nurse techs with them at all times to avoid unsafe situations. we helped remove staples from papers
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?	patients on the west end with bipolar mania and schizophrenia presented with some of the very common symptoms which made it more interesting to put what we read in class into visible behaviors. also ways nurses and techs deselected behaviors before they became too out of hand. during group we talked about anxiety and coping on the west end- the way the therapist adressed it was to bring awareness to what coping and behaviors resulted from the pts anxiety in hopes of them becoming aware of what may be maladaptive as compared to helpful i think this clinical setting has overall grown my awareness of mental illness and what they look like which will help a lot when i become a practicing nurse
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	one patient began to open up and even cried a bit, but then shut down following. I think for him specifically diving in deeper to those feelings and expressing them rather than bottleing them up could prevent further problems and allow him to be more aware of his triggers There was a woman who seemed to be responding to external stimuli and very paranoid. I think for her finding a med regimen and concoction that helps minimize symptoms and therapy to discuss her aggressive tendencies/ anger
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	although some of the patients had odd and sometimes funny behaviors- i refrained from laughing (even if it was just out of my own discomfort and lack of exposure) engaged in active listening to ensure a beneficial sharing enviroment
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	active listening, sitting same level with patient. having a short introduction/ buffer conversation prior to jumping straight into the assessments
Feelings • 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?	I was extremely stand off ish prior and into the first hour of the clinical. once becoming aware of the behaviors of each patient, i did become a bit less nervous. there were some patients that i did not feel comfortable with behind or overly close to me at all. Some of the situations patients had been through did make me empathize for them- other behaviors just made me anxious/ frightened. its a weird way to feel because i wanted to provide quality care and conversation but at the same time it was hard to refrain from my tendencies to be nervous, uncomfortable and to an extent judge some.
Evaluation	

What stood out the most about Aspire, AA, or Oceans	how much it seems the techs do as compared to the nurses.