

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>There was an elopement risk on the unit, so we had to be sure to watch him and all doors. If we went through an exit you had to be aware and close it directly behind you.</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>There was a therapy group where we discussed coping mechanisms, how to deal with conflict therapeutically, and what wellness means. We have discussed all of these things in class so it was interesting to hear the patients answers. We were able to answer the different types of wellness and give examples.</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>There was one patient that was trying to escape and paced the entire time we were there. He seemed very on edge, so I think trying to find anything that might help him relax a little would help. I also think the implementation of strict elopement protocol was very needed.</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 was professional when a patient told me someone had lice just because he was upset. I did not freak out about the lice, but used therapeutic communication and asked him what was wrong. This clinical taught me to notice subtle details in patients to notice if they are upset.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I asked patients questions, but did not press them and used active listening. I asked them how they felt and what I could do to help them.</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>I was very excited for this clinical. I had zero experience in the psych world, so I was happy to learn and see it. I had a great time and really enjoyed getting to know and learn from the patients.</p>
<p style="text-align: center;">Evaluation</p>	<p>The relationships between the patients stood out to me the most. It was cool to see how they cared for each other and helped one another. Their friendships seems so special. Also, the locked doors honestly stood out to me too. I am not used to literally everything being locked up and needing a special key to get in.</p>