

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>At Oceans, some ways I accomplished to maintain a safe, quality environment were teaching coping skills, and teaching other ways my patients may not know about. I also got with the nurse and she informed us of stuff that the patients did not like to hear or what was triggering to them so I avoided all of that.</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>I was able to recognize active listening and use open ending questions to get them to talk more in detail about the situation instead of them using yes or no. I was able to recall therapeutic communication techniques that the therapist used that we learned in class. Yes I can use this in the outside world, it will help me a lot as a new graduate nurse on how to talk to patients one on one and I learned different ways I can cope with grief. I learned that using what I know from class in real life makes me more confident and helps me get better at talking with patients, working with others, and keeping everyone safe.</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>One person in my group was there for her detox, she admitted herself in. My concern for her is that when she gets out and no one in her family is supportive of her being sober. I would suggest support groups and encouraging coping skills and praise her progress.</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 stayed professional by being calm, respectful, and kind. I learned that professionalism also means keeping boundaries and showing care. I also learned that I can stay patient even when things are difficult to bring up or talk about.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication/collaboration by active listening, silence, offering to sit with them or do activities with 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? 	<p>At the beginning, I felt nervous because I didn't know what to expect. I was thinking about how to act and what to say. During the event, I felt more comfortable the longer we were there. The words and actions of others made me think about how important it is to be supportive because you never know what other people are going</p>

<ul style="list-style-type: none">• How did you feel about the outcome?• What is the most important emotion or feeling you had?	through. This made me feel sad for them and makes me want to be the person they can talk too. I felt good about this clinical, it made me feel more confident in myself.
<p style="text-align: center;">Evaluation</p> What stood out the most about Aspire, AA, or Oceans	The thing that stood out most to me in Oceans is the set routine, and how all the patients are there for each other.