

Aspire Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I ensured safety and quality by not interrupting whenever they were talking, making sure that they know that it is a judgment free environment. I also observed for any signs of someone feeling overwhelmed or unsafe so that hopefully I may be able to talk to someone about it and see what we can do to provide that safe environment.</p>
<p><b>Clinical Judgment</b> 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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>I was able to use my knowledge about active listening. It is important to listen to clients when they are talking to let them know that it is safe for them to talk to us and the healthcare workers. I learned how important it is and how beneficial it is for both the patient and nurse.</p>
<p><b>Patient Centered Care</b> Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>When they were giving us a tour of the place, they also showed us the bedrooms. The door was open and the person giving us the tour showed us the inside of the room and there was a patient in the room. I feel like we barged into his privacy, and it is something that is a concern to me. I think it's important to provide privacy to every patient no matter where they are or if you think they are just relaxing in the room.</p>
<p><b>Professionalism</b> 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 maintained professionalism by arriving on time and wearing the proper uniform. I treated each staff and patient with respect. I listened to them when they are talking and did not interrupt them in any way.</p>
<p><b>Communication &amp; Collaboration</b> Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by listening to each patient in a nonjudgmental way. I paid attention every time each client shared ideas or had something to say during group therapy.</p>
<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> </ul>	<p>I've heard great stuff about Aspire so I felt excited about my experience there. I was able to learn a lot about what kind of topic they cover for group</p>

<ul style="list-style-type: none"><li>• What were you thinking at the time?</li><li>• How did the event make you feel?</li><li>• What did the words or actions of others make you think?</li><li>• How did this make you feel?</li><li>• How did you feel about the outcome?</li><li>• What is the most important emotion or feeling you had?</li></ul>	therapies. They were all very kind and welcoming, it made my stay there enjoyable and a good experience.
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	I think the staff and patient were really welcoming toward us nursing students and it really made the environment safe. They did not make us feel like we were a bother or anything like that. I think each patients had some kind of bond with each other too which was nice to see. It was overall a good experience.