

## Aspire, AA and **Oceans** Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>The way that I maintained a safe, quality environment at Oceans was a little bit different in a way it would be in a hospital setting. I was nonjudgmental to my patient both days. I tried to put myself in their shoes and realize that they are getting help. I also maintained a safe environment by not pressuring me patients to share anything that were not ready for. Most of the patient have just gone through something traumatic, so I should not pressure them to share anything they are not ready for.</p>
<p style="text-align: center;"><b>Clinical Judgment</b></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"> <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 would say that as I listened in group I was able to correspond it to the classroom by what the therapist were saying. I feel it is easier to compare to the therapist because patients are not textbook, so everyone reacts differently to situation. As for therapists they kind of have like a “code” they follow on how they respond to patients. I could mostly apply therapeutic communication that we have learned about in lecture. I was able to listen to 3 therapists and 2 of them might need a little more practice on communication, but the other one did very well. She made sure to reassure patients, as well as making them feel heard. I will use this in my future because no matter where I choose to do nursing therapeutic communication is going to be very important. Overall, from clinical at Oceans I have learned to just give my patients grace and compassion because we never know the things they have had to go through.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>The patient I am going to identify is the patient I had on Tuesday. This patient has a psych diagnosis of schizophrenia. He gets easily distracted, he cannot sleep, and for the most part he just does not seem like he fully understands what is occurring. At Oceans I know they only offer group therapies, but I truly believe that he could benefit from 1 on 1 therapy. Especially with how easily he is distracted this would just allow for a better outcome. I also am not sure if this is his baseline, but it did seem like it is and it also seems like he lives on his own. So maybe just finding resources, so he is no longer on his own.</p>
<p style="text-align: center;"><b>Professionalism</b></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 maintained professionalism by being respectful of all patients even if they were not my patient specifically. I made sure to try and talk to as many patients as possible to ensure they know I am there for them. I want to learn more about psych, so I tried taking advantage of every opportunity that I had.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic when asking my questions my paperwork. Asking your patient about suicide or depression is not easy. Especially doing it your first time it can be intimidating. Although it can be scary me as the student nurse talking to the patient I kind of have to put on an act and not be scared. I need to give my patient reassurance and allow them to feel comfortable so they can share their thoughts with me.</p>

<p style="text-align: center;"><b>Feelings</b></p> <ul style="list-style-type: none"><li>• How were you feeling at the beginning?</li><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>	<p>In the beginning I was feeling very nervous. I have never had to talk to a patient who came into the hospital specifically for their psych disorder. Especially Schizophrenia, I just did not want to say something that was going to trigger my patient or make them feel a certain type of way. I was just thinking to myself that I needed to give this my all for my patient, so they can get the best version of myself. Oceans made me feel grateful. I am grateful I was put into a position where I can listen to these patients, and have these patients talk to me even when they are so vulnerable. I am happy with the outcome that Oceans gave me. I truly believe that wherever I choose to go for nursing this experience will benefit that. The most important feeling I had in this clinical was empathy. That is all the patient want from the nurse, the techs, family, friends, or just anyone. At the end of the day that is what we all want. I am just glad I was able to be that person for them for 2 days.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or <b>Oceans</b></p>	<p>What stood out to me the most about Oceans is just how much freedom the patients had. I do think this is important for their mental health as well as their independence. If this were a program where they had no choice but to participate in the activities then I believe the patient would be more upset, or maybe the ones who voluntarily admit themselves will choose somewhere else next time. So, I really enjoyed that.</p>