

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>During the AA meeting, my classmate and I just sat back and observed the members while they spoke.</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 one moment in particular where i was able to draw something back to the lecture we had previously had. The members spoke about having alcohol withdrawals, and it was interesting to see how they talked about their experience vs. How our lecture was given to us. You could tell this individual had been through a lot, and it was very eye-opening to never judge someone- because you truly never know what they may be going through. I can definitely use the things I heard the members discuss moving forward in my nursing career.</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 member in the group who had recently gone through a life-changing event, and it led to a relapse. This person seemed to be enjoying and finding relief through getting everything off of his chest. He also mentioned that they do not have a support system. I believe looking into 1 on 1 therapy could really help benefit this person.</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>For the most part, I sat back and observed. I think staying off of phone, actively listening, and introducing myself all played a part in maintaining my professionalism.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Since I was not actively participating, using active listening and being non-judgmental are the only 2 therapeutic communication techniques I used.</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? 	<p>I was feeling a bit timid going into this. I was thinking they would think I was there to judge, and I did not want to impose. As the</p>

<ul style="list-style-type: none">• 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>event started, I began to feel more comfortable, and I was able to actively listen and not feel anxious. Hearing everyone's stories was very touching. These are some of the strongest people and hearing about their growth and even their challenges had me feeling very overwhelmed with emotions. The most important feeling I had throughout this time was hope. The hope that surrounds that room is incredible.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The way these members all care for each other and want the best for each other stood out the most to me. It's like they are all in it together.</p>