

Aspire, AA and Oceans Reflection (300 word minimum)

<p>Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>The AA meeting provides insight on how to provide safe, quality care and environments to patients suffering from substance abuse addictions. I can offer a safe environment to the patient by fostering a place of acceptance and non-judgement.</p>
<p>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>In classroom we discussed how a part of recovery from alcohol and substance abuse sometimes involves relapse because the brain is having to rewire itself and is not considered a “weakness” or “failure,” but just a part of the recovery process. One of the patients mentioned how even though a patient might relapse and return to the substance that they should still continue coming to AA because eventually they will be able to overcome this and fully recover. I think its important to remind our patients that just because they have relapsed does not mean they have failed but that this is just a part of the process for some people and their brain has to remodel itself and that sometimes takes time. I think its important to continue empowering our patients and giving them the resources and support they need to maintain sobriety.</p>

<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>Patient centered care could be provided to multiple individual in the meeting. However, there is one client that I would make sure to discuss their desires when it comes to discussing religion and personal beliefs. The patient was very passionate about her feelings that people should not push religion onto others and that she has certain beliefs that do not align with that of the AA group. So, I would just be sure to respect her beliefs.</p>
<p>Professionalism 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>Professionalism was maintained by listening to the AA group member share their stories without judgement. I actively listened and showed compassion and empathy for their situation by greeting them and thanking them for sharing their story. I practiced professionalism by expanding my knowledge and understanding in an environment where I can understand and emphasize the difficulties and struggles that come along with addiction in order to better aid and advocate for my patients.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>As a nursing student at the AA meeting, I exhibited therapeutic communication by just listening and being a supportive presence to their stories, feelings, and accomplishments.</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>At the beginning I was nervous since I did not know what to expect. I was thinking that they would not want us to be there since we were students. However, the meeting was very welcoming and eye opening. The words and actions of everyone in the group was supportive of one another's unique journeys and supportive of everyone's desire to get sober. This made me feel grateful for the opportunity to see their struggles and how hard they have to work to overcome their addiction. I left feeling empathetic to their struggles, but with a different mindset on addiction and how it can impact and affect their lives. The most important emotion I felt was proud. I was proud of each person for being there and making the attempt to get better and to recover from their addiction.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me was how accepting they were towards everyone. They were so welcoming to all of the people there, including the nursing students. They gave us a book to read along with them the chapter of the book they were in. The group members also treated each other with respect and met them where they were in their recovery journey with no judgment.</p>