

Aspire, AA and Oceans Reflection (300 word minimum)

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Safety and quality were accomplished at Aspire by keeping all medications, including opioids/narcotics, in a locked med room with limited access to the rooms. Patients had to go to a window of the med room and a safe member provided them with their medication, both OTC and prescription medications. Another form of safety was that the narcotic counter was double locked.</p>
<p>Clinical Judgment 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>Clinical Judgement was met at Aspire by gaining exposure to more clinical aspects of addiction and recovery. Being able to attend their group therapy allowed me to gain a better understanding of their disease and how difficult it can be to become sober. Addiction is a disease, and relapses are not uncommon. Many of the men in the group had maintained sobriety, however they were in group because they had relapsed. Another way clinical judgement was met is by applying the knowledge regarding drugs used for withdrawal and recovery. Many of the patients were prescribed medications to wean them from their dependence on substances.</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 applied to a client in the group who was kind of closed off about his situation. He was going through a bad breakup that put him in this situation, and during group the therapist was trying to get him to participate, however he was uncomfortable, but he stated that even though it was uncomfortable he felt better talking about it. I think it is important to be patient with him and to understand that this is a sensitive topic. I know he needs to talk through it, but maybe do not have him being the only person in the group who keeps being “called</p>

	<p>out.” Maybe he would be more comfortable if multiple people talked about their situations, which is exactly what the therapist did. He asked if it was okay to talk to him about the situation, and he also talked to other clients about their situation.</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 introducing ourselves to the group and allowing them to introduce themselves to use. We were respectful and remained present in the group, we listened to the group therapy with our full attention, we refrained from talking among each other as students, we refrained from using our phones, and when asked about our opinion we answered the therapist questions respectfully. This experience taught me the importance of nonjudgmental care. Anybody can be in this situation, not just “poor” or “minority” individuals. ANYBODY, addiction can affect any person, race, occupation, gender. These people are in rehab and trying to recover, it is important to be supportive and to empower them in sobriety. Judging them or treating them differently does not help them recover, it is our job as nurses to empower them and the provide high quality care.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication was utilized during group therapy. We were allowed the opportunity to “participate” in group. We were asked our responses to certain questions, and we answered it in non-judgmental manners, we also practiced active listening by listening to the group members and giving them our undivided attention.</p>
<p>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? 	<p>At the beginning I was excited because I had heard good things from other class members about Aspire experience. When I arrived, I loved the facility, it is so beautiful. This event made me</p>

<ul style="list-style-type: none"> • 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>feel grateful for programs like this to help people who really want help and who want to become sober. The facility treats them like real humans and treats them with love and respect. I felt welcome and comfortable. They treated us well and even allowed us to eat lunch with them. I was grateful to be part of group therapy and get a better understanding of addiction. The most important emotion I had was humbled. It was a humbling experience to realize that despite what society says, these individuals are just like everyone else, and they deserve to be treated the same as any other individual.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The welcoming environment stood out the most to me. It was very nice to see that everyone was respectful and treated on another with kindness. All members of the group we connected and talking to one another. I also enjoyed that members from the program who had graduated and are now living sober in society would come back to talk to the owners and let them know how they were doing. Overall, really great experience!</p>