

## 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>A safe and quality environment was maintained at Oceans by instilling precautions that keep the patients from causing harm to themselves or others. Examples include meals in the dining room, heavy chairs to prevent being thrown, hygiene products kept in locked room, no pens or pencils on the unit, locked unit with badge in required. The precautions are for the safety of patients and staff.</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>Clinical judgment was applied during clinical during the group therapy session. The therapist talked about ACEs and how a persons childhood can affect their life into adulthood. She talked about ways to overcome this and how to cope with your triggers in a healthy manner, as well as how to recognize your triggers and to handle them before they get out of control. We learned about ACEs in lecture and it was interesting to see how most of the patients had traumatic childhoods. I think this can help my future practice my reminding me the importance of screening for ACEs in pediatric patients and providing the patient with support and educate the family and patient.</p>

<p><b>Patient Centered Care</b>  Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>Patient centered care was applied to the a young male patient with schizophrenia diagnosis. He was having a hearing with a judge to determine if he would go home or remain in the facility for more treatment. The patient was appointed a representative to talk to him and explain everything to him. During the court case the patient was able to tell the judge what he wanted and the judge listened and talked to him about his choices. I think that even tho this patient needed to remain in the facility to get better, they also made was for him to receive patient centered care. He was treated with respect. His concerns were heard and validated, and he was able to share his desires on going home and the judge worked with him to reach this end goal if he followed his treatment plan.</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>Professionalism was maintained while talking to patients. I was able to talk to patients in a respectful and to display compassion and empathy for them. I think communication is important in nursing and it was good experience to get to talk to the patients and learn more about them and their conditions in a casual manner.</p>
<p><b>Communication &amp; Collaboration</b>  Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication was used for a patient who was experiencing positive schizophrenia symptoms. I was able to help reorient the patient to reality while validating his feelings.</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 nervous because I had never been around this population of patients and I was not sure what to expect. At the time I was thinking that I did not know how to talk to the patients and to support them during this time in their life. The clinical rotation made me feel more confident in my ability to comfort and treat patients with mental health conditions. The patients we willing to talk about their conditions and they were just the same as any other patient with a physical condition. Their mental health condition did not make a difference in the care they receive from nurses and this was something I did not know to start. I was grateful for the opportunity to go to oceans and to gain perspective and experience in a field I was unfamiliar with. The most important emotion I had was empathy and understanding. I was empathetic for the situation in their childhoods that brought some of the people to this point in there adult life. I also understood the true meaning of a psychiatric facility and realized that most patients we normal people with normal lives who wanted to get better and return home.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most to me was the welcoming environment and that most patients interacted with each other and had good relationships amongst each other.</p>