

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>Listening in on the group therapy without judgment and input. Robin mentioned in the beginning that men usually hold back when there are women in the room. When introducing myself at group, I informed all of the men that I am understanding of how hard it is to be and addict/alcoholic and I am very proud of them for being there. They're faces definitely lit up and I felt like they knew they could trust me to listen to their stories and thoughts.</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>I've always had a harsh view over addicts/alcoholics from my personal experience with family. I will admit it has been very easy to judge and not understand why they cannot quit. After learning how it does become a disease because of the chemical changes in the brain, it changed my perspective. Robin mentioned how this disease is similar to a self inflicted cardiac disease or type 2 diabetes and that statement really opened my eyes. We all do things that put ourselves in harmsway, but never think we will actually suffer from the consequences that may or may not happen. A person does not pick put their choice of alcohol or drug and think "im ready to ruin my life", it may be a bad decision, a coping mechanism, or something they just wanted to try. I am thankful for this experience and the way it has changed my outlook on how to care for patients going through addiction and withdrawal.</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 a client who was extremely self aware and seem very knowledgeable over the root in how to overcome addiction, yet he was still struggling with becoming sober. I am still unsure on how you truly help patients who understand but cannot overcome their problem. Im not sure if they do one on one counseling there but that would be my suggestion if not. Also, I think home visits once patient is discharged would be beneficial to help them with accountability.</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>I believe I maintained professionalism by actively listening during group and giving all of my attention to anyone who was speaking.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>As robin was discussing the 12 steps, he mentioned these steps can be applied to anyone, not just addicts. Each step is about making the better decision and he asked us if we are able to utilize this in nursing school and we all said yes. Listening and relating to these patients from opposite ends may have helped them feel like they are not alone in making hard decisions and stressors.</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? 	<p>In the beginning I was a little nervous. I wasnt sure how the patients would feel about us being there to observe. I know it is very easy for some to believe we are</p>

<ul style="list-style-type: none"> • 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>judging them or feel as if we are superior. After speaking with robin, I understood this experience is to help us nurses to care for these patients without judgement. Many of the men expressed they have had both good and bad experience with nurses but the bad care really affects them. I understand how that judgment and poor care can make them feel less worthy and lead to them not wanting to get the medical help that they need. At the end of the day, they are human and somebody's loved one.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I am so thankful to have experienced aspire. I have always thought that rehabs and/or psych hospitals should represent more of a home space or a comfortable place for these patients to let their mind rest without being reminded that they are also getting treatment. Aspire represents the true meaning of a caring and safe place for men to get the help they need.</p>