

## 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>During my clinical experience at Oceans Mental Hospital, maintaining a safe and quality environment was a top priority. I followed unit rules closely, remained aware of my surroundings, and ensured patient privacy and confidentiality at all times. On both the geriatric and younger units, I was mindful of patient behaviors, potential fall risks, and emotional triggers that could affect safety. I also practiced infection control and respected boundaries to promote a therapeutic and safe environment for both 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>While listening during group therapy sessions, I was able to connect classroom knowledge with real patient experiences. Concepts such as therapeutic communication, mood disorders, cognitive decline, and medication management became more meaningful when hearing patients and therapists discuss them in real-life situations. From previous knowledge, I applied an understanding of how mental illness presents differently across age groups. These learnings can be applied to future clinical settings by helping me assess patients more holistically and tailor care based on individual needs. This experience strengthened my clinical judgment and reinforced the importance of observation and active listening.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One client in the group appeared anxious and withdrawn. Based on this, I would recommend continued encouragement of group participation, consistent routines, and individualized emotional support. Interventions such as validating feelings, promoting coping strategies, and collaborating with the healthcare team could help improve their comfort and engagement.</p>
<p style="text-align: center;"><b>Professionalism</b></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 maintained professionalism by dressing appropriately, communicating respectfully, and following facility policies. This experience taught me the importance of remaining nonjudgmental and adaptable. It also helped me recognize my own growth in confidence and professionalism when interacting with patients in a mental health setting.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication was used by listening attentively, maintaining appropriate body language, and responding with empathy. Collaboration with staff and classmates helped ensure respectful and supportive interactions with patients.</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> </ul>	<p>At the beginning, I felt nervous and unsure of what to expect. As the days progressed, I felt more comfortable and surprised by how stable and relatable many of the patients were, especially on the younger units. The experience ultimately made me feel more confident and open-minded. The most important emotion I felt was appreciation for the opportunity to learn in such a meaningful environment.</p>

<ul style="list-style-type: none"><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 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 about Oceans was how different the reality of mental health patients was compared to my expectations. Many patients appeared stable and functional, which challenged stereotypes and deepened my understanding of mental health care.</p>