

## 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 the NA meeting, I was mindful of maintaining a safe and respectful environment for myself and others in attendance. Although I initially felt nervous due to it being late, dark and in a remote location I remained aware of my surroundings. Inside the meeting, the environment was calm, and everyone was very supportive to my presence.</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 to the group I was able to connect classroom knowledge about substance use disorder and see how that applies to real life situations. I can apply these situations to future encounters and reduce the stigma that is attached to addiction. What I learned that was most beneficial for me was to be empathetic and judgment free. During my time to speak while in the “circle” I was honest in why I was there. I spoke about how I am there to help, be it through resources, therapy or outpatient communities, I encouraged everyone to utilize those resources, because they can make a positive change with the right help.</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 individual who shared was actually the sponsor for the group. Seeing how she became visibly emotional discussing her struggles with addiction in the past. She had a very traumatic loss and after being sober for thirteen years she fell back into addiction. She seems to have found her calling in life. After getting sober again, she went back to school to earn her degree in behavioral science and drug and addiction counseling.</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 being respectful, attentive and interacting with others in the group. This was helpful in earning their trust and showing equality.</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 demonstrated through sharing stories, silence, and attentive listening. I was grateful that they were open to allowing me to participate, they allowed me to join in on reading part of the 12 steps. Everyone was supportive toward each other and encouraged each other with different coping strategies to continue their sobriety journey.</p>
<p style="text-align: center;"><b>Feelings</b></p>	<p>I entered the meeting with preconceived notions and was quickly humbled</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>with how kind, inviting, and “normal” everyone was. I was a little ashamed of how I felt walking out of the meeting. This was a reminder of the importance that nurses should approach every patient with empathy and professionalism, regardless of personal assumptions.</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 was the sense of community and support. The honesty and vulnerable moments were an eye opener for me.</p>