

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>By having a good attitude, a smile, and making sure I left any bias or judgment at the door.</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 think AA showed me how important recovery is to those who are choosing that for themselves, and that I need to support them in any way possible to help them achieve the goals that they set for themselves. The things that the speaker said have implications for everyday life, not just for someone that is struggling with a substance addiction</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>One of the men at the AA meeting was having some difficulties sharing, so I think using therapeutic communication could have helped him immensely.</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 maintained professionalism by having a good attitude and being willing to speak to everyone in the room.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I asked someone a leading question and it got a good response. Also just being a good listener, and being an active listener. I think they could tell that I was engaged</p>
<p style="text-align: center;">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? • What did the words or actions of others make you think? 	<p>I was a little bit nervous, but soon after the introductions I felt much better. The people in the meeting were very welcoming, and willing to share with us, as well as give us some advice as future nurses. They gave us coffee, and made sure that we were</p>

<ul style="list-style-type: none">• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	comfortable.
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	I really enjoyed getting to listen in on these meetings, and get some knowledge about AA and how the 12 steps work. The people there were so nice, and eager to get us engaged and involved in the meeting.