



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description A description of the incident, with relevant details. Remember to <u>maintain patient confidentiality</u>. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</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? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice about yourself? • How will you use this experience to further improve your practice in the future?

Covenant School of Nursing Reflective

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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>The key to this experience to me was to get more insight into what an AA meeting is like. I listen to a video on YouTube over an AA meeting. It was an interesting experience. Overall, I believe that I really got more of an insight on AA.</p>	<p>Step 4 Analysis</p> <p>I have always heard how hard it was for individuals to stay sober. This video brought up some major issues and small issues that I didn't even realize would send people over the edge. The one guy said he could barely burn dinner and think he had to go drink. I think the major issue here is not only does someone mess up their sobriety, but they also mess up their thoughts about themselves. Often these people labor themselves as failures. Even in doing this they still often only think about themselves. They do what they need to do to feel good and don't think about the consequences of others. I think when they realize the impact they have on others through their actions that they are more likely to stick with it.</p>
<p>Step 2 Feelings</p> <p>Starting out I was nervous about the whole thing. Wasn't sure what to expect or what I was going to get out of it. A lot of the things they brought up made me really think. I think overall my feel was thankful. Just when I think my life is difficult or I have it the worst I am brought to the point in realizing that I do not have it the worst.</p>	<p>Step 5 Conclusion</p> <p>I think in this video it would of helped if there were a few more people sharing their story. I have learned a bunch about alcoholics that I did not realize. I also learned that being sober really chills people out. Also, I learned that some may fall and relapse but them coming back still is an accomplishment.</p>
<p>Step 3 Evaluation</p> <p>It was easy to sit there and listen to these men talk about these problems. One of the hardest things for me to deal with while listening to this is that I have some family that has a major drinking problem but still will not commit to something like this. These men did a really good job on explain ways to cop instead of turning to the bottle which I believe is important for others. It's definitely important during these difficult times.</p>	<p>Step 6 Action Plan</p> <p>This was a hard thing for me to sit through and understand. Like I said I had family that has gone through this but can't stick to it. However, I did realize that I don't have it as bad as others as I sometimes think I do. I also got more insight into how this is time is our lives in really effecting others not only physically but mentally also. With these things I have learned today I think I will be able to provide better care for patients I have with this problem. I think it is important to treat them as normal people who are struggling and not judge them. At the end of the day we were all created equally, and we all have our struggles and deal with them different ways. As a healthcare provider I want to stive to help others cop with their problems in a positive way and not a negative harmful way.</p>