



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>I watched an Alcoholics Anonymous (AA) meeting and a Narcotics Anonymous (NA) meeting hoping to learn about various perspectives and experiences of people who have abused drugs and alcohol.</p>	<p>Step 4 Analysis</p> <p>Most of the people I listened to are grateful for their sobriety and the programs and people that helped them get there. Many people agree these programs provide them a sense of belonging. These programs tell people that they have to be honest with themselves and realize they do not have the control they thought they did. The programs are largely faith-based, and most people in the program understand that their higher power does for them what they cannot do for themselves, but that this higher power will not solve their problems unless they first put in a great deal of work. Sobriety does not come easily or freely, and these people understand that and are ready to face it.</p>
<p>Step 2 Feelings</p> <p>I enjoyed watching the video and the opportunity to learn and see the different perspectives people have. It was eye opening and refreshing to see other people's point of view.</p>	<p>Step 5 Conclusion</p> <p>Many people find it difficult to ask for or seek help, which only prolongs the addiction. There are so many resources out there, they just must look for it. These programs are free, and they are widespread. There are many meetings are open to the public, and they can teach a lot of information. There are meetings on various days, at various times, and in various locations.</p>
<p>Step 3 Evaluation</p> <p>Some people would share, and another person would comment on how their stories help them in their recovery, which in turn helps the person who originally shared. That is one of the goals of these programs and one of the benefits to not trying to recover alone. Sometimes it takes someone who has been through their experiences to understand.</p>	<p>Step 6 Action Plan</p> <p>Addiction is a disease that needs treatment, and these meetings are one form of treatment. This disease affects so many aspects of their lives, including work and family. Many people turned to other crimes to support their habits. Another common theme in the stories I heard involved poor family life, and it goes to show how important a good, compassionate, and supportive nurse patient relationship is.</p>