



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

Student Name: Amber Bloedel

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 saw the assignment and decided to look up AA virtual meetings. I saw one for today, and it was coincidentally happening in 10 minutes from when I looked it up. I ended up joining, and saw about 60 people in the online meeting. They started with a daily affirmation, followed by a reading by a certain member that had been in the program for a long time. They welcomed all newcomers, and opened the floor for each member to speak for one minute each. While I know that is not a lot of time, the group had a lot of members and everyone used their time to be respectful, insightful, and encouraging. I was one of the last people to be called on, and I explained my situation, mentioning how inspiring each of their testimonies were and that I was proud to be a part of the meeting, and thanked them for allowing me to listen in. I had asked the administrator of the meeting before it officially started if it was okay for me to listen in, and she said they were happy to have me.</p> | <p>Step 4 Analysis</p> <p>The way the members behaved during this experience were interesting to watch. Having a virtual AA meeting is something that is important during a time in history like now. It was definitely easier to not have to be seen by all members during the experience, and just be able to listen in. Each member respected the others time to speak, and sent encouraging responses in the comment section on zoom. Each member had a different perspective and experience to discuss, and talked about not only the rewards of sobriety, but also the physical and mental pain they felt. Even with one minute, these people had very impactful words that I am sure influenced each other's emotional response. I had a shift of reality of what I thought alcoholism was, to a much deeper understanding to the difficulty in fighting true addiction. While the emotional and physical scars of alcoholism in my life will likely never fade, these members have made a true effort to better their lives and make an impact for others struggling with addiction.</p> |
| <p>Step 2 Feelings</p> <p>My step dad, who raised me, died the day I graduated high school in 2016 due to alcoholism. He always struggled with it and our family paid the price of his aggression and addiction. That being said, going into this, I have always had a sort of bias about alcoholics. Because of my experience, I thought all alcoholics are violent, selfish, and disgraceful. I felt like these people probably hurt those around them, and while it is possibly true, the meeting showed me a different side to these people. It showed vulnerability, selflessness, persistence, and determination. One meeting cannot possibly show me the lifestyle these people live, but it showed me that for one hour a day, three times a week, they surrender themselves. They talked about how accountability, support and patience are important to them. Some talked about how withdrawal isn't all "sunshine and rainbows" and that while it is rewarding to be sober, it is difficult. Something that stuck with me after the meeting was that an individual said, her feelings sometimes overwhelm her, but feelings do not dictate our lives, actions do. It matters only how we overcome feelings with purposeful actions.</p> | <p>Step 5 Conclusion</p> <p>Overall I think the administrators have done an amazing job making this service available for those unable to go out into the community during Covid. It is a daily meeting, with encouragements to join at least 3 times a week. The accountability and support of the group can help members interact with recurrent members, and make long term friends, as well as have something to keep them busy during vulnerable hours of night time. They mentioned that most people feel inclined to drink around 6 pm, when people are getting off work and unwinding for the day. This meeting can occupy the members and give them motivation to stay sober the rest of the night. It truly is one day at a time for these people, and it is extremely difficult to succeed on your own. Sobriety gives these members a new chance at life, and the opportunity to make new relationships and to not lose the people close to them, as well as prolonging their own lives by living a healthier lifestyle.</p> |
| <p>Step 3 Evaluation</p> <p>As an observer in the meeting, I felt as if I shouldn't be relating to them, as I am not an alcoholic. However, as the meeting went on, I found myself resonating in other ways with the simple truths these people were speaking. It was hard to hear people talk about their recent relapses, but they were determined to get back on track with the support of the group and a sponsor suited to them. I listened to each persons' story, how their week went with their journey to sobriety. I expected a couple of the members to only be there as a requirement, such as parole, etc., but each member showed their willingness and desire to become sober. There were several though, that talked about how they wish they could just have "one more drink", how they thought if they could just have one it would make it easier for them. One thing I analyzed during the meeting was how members discussed their addictions to other substances, and how quitting alcohol has made it more difficult for them to "kick" other substances that are illegal and less accessible.</p> | <p>Step 6 Action Plan</p> <p>This experience has brought me to see addicts in a different light. Even though my step dad did not fight for a better life, these members do. They want a better life for themselves, their close family and friends who have to see the addiction drag them down. As a nurse, we must remain unbiased and treat these patients with respect; while that was my plan all along, I now see why that is so important. Just because these people are addicts does not mean they aren't trying. This won't be the case for every addict I encounter, but keeping an open mind about a patients' past experiences and struggles is crucial to prudent care. Concerning my future practice, I plan to remember this meeting, and the vulnerability the members showed. When in a caring and supportive environment, they can open up and share what is really going on. If I, as a nurse, can provide that type of environment for all patients, I will be able to connect and empathize with these patients on a deeper level, and reach a more productive communication pattern for those I care for, while also making the patient feel more safe in my care.</p> |