



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.

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| <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: Jenna Dixon

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.

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| <p>Step 1 Description</p> <p>I watched a previously posted AA meeting online. There were several full-length videos that were available and I chose one titled "A New Freedom." There were many people in the group that shared their story. What happened, who they were, and who they are now. These people all came from different backgrounds. The video began by talking about their past. How old they were when they started drinking. Some people talked about how they were blacking out every time they drank when they were twelve or thirteen years old. Drinking often led to them making decisions that were not healthy. The influence of alcohol impacted their lives in many different ways. Some people joined gangs, drank and drove, and others became violent to the people they loved. In all of their stories the result was typically spending time in jail.</p> | <p>Step 4 Analysis</p> <p>I can apply that using a twelve step to recovery approach is very helpful. Recent evidence does support the twelve-step approach, local support groups in Lubbock offer help to people who abuse alcohol and use the twelve steps as well. The twelve step meetings guide the fellowship part of the mutual support. They are essential because they can help form a path that leads to lasting sobriety. I think it makes sense because of the successes that have come from people who attended meetings and recovered.</p> |
| <p>Step 2 Feelings</p> <p>At the beginning of the video, I was engaged in listening to them tell their story on why they started. In several of their stories their families all drank. It was a normal thing, one individual said that when you turn 13 it's a party and you're expected to drink until you are blacked out. Although I was only an observer, I thought back to how I would feel talking about my struggles with people. It has to be tough to admit to yourself that there is a problem. I think back to the words that one member said, she ended up on the streets living under a bridge. First it was her car taken away, then her house, because alcohol had become the priority of what she spent her money on. Addiction can happen easily, it made me realize how fast your lifestyle can be affected. It made me sad when they said they knew they needed help, but it was too scary to think about how different their lives would be without alcohol.</p> | <p>Step 5 Conclusion</p> <p>I learned about AA meetings. I learned about the twelve-step approach and how meeting with individuals who are going through the same situation can be beneficial to talk and share some of the same experiences.</p> |
| <p>Step 3 Evaluation</p> <p>It was good that they talked about how they were feeling. How they're lives were changing being involved with AA. I can't think of anything that went bad in the video. It was easy to listen to their stories and feel empathy. I think it is difficult for me trying to put myself in their shoes, because I would not want to talk about my feelings. The whole video went well at the end of the video they talked about how they did not want to go to AA at first and talked about how much it had helped them grow. I wish I would have planned better to where I could attend a meeting in person when there was one available. I think the video was what I kind of expected because of what I've seen on movies and social media. I contributed by learning more and gaining a better understanding of what some of these people go through.</p> | <p>Step 6 Action Plan</p> <p>This experience will help me in my nursing career. I learned that it is hard to talk about alcohol and how it affects daily life. People are in denial about how much they use alcohol. One thing that stood out to me was an attendee on the video who said he wouldn't trade anything for the life he lives now after getting help by attending AA meetings. I will use this experience in my future by knowing how my patients can receive help and offer recourses that are available to them when they want it. I learned some more communication skills. After watching this video, I feel like I have a better idea of what patients could struggle with. I know not to be judgmental, and to be there for them to listen.</p> <p>Resource: Videos and audios. (n.d.). Retrieved March 09, 2021, from https://www.aa.org/pages/en_US/videos-and-audios#video-player</p> |