



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?

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 was unable to attend an Alcoholics Anonymous meeting in person. However, I was able to watch the video "A New Freedom" on the aa.org website. I was able to watch the video and these people sharing their stories. It was truly moving. It was inspiring to watch all of these people share their personal struggles and how they worked so hard to defeat them.</p>	<p>Step 4 Analysis</p> <p>I think that this experience opened my eyes tremendously. I have no family members or friends that are alcoholics. Some of them stated they started drinking at ages like 8-9 years. Some of them confessed that alcoholism ran in their family, and they were unable to keep from making the same mistakes. Some confessed that they unintentionally killed other human beings because of their recklessness with alcohol.</p>
<p>Step 2 Feelings</p> <p>The people that shared their story ranged from seeking help after a drunk driving accident and various incarcerations after drinking. It was heart wrenching watching them admit things that they did wrong under the influence and how their actions affected the rest of their lives and other people's lives. I could not help but feel compassion for them and their past. It was very cool to hear about their past and now their transition to sober living.</p>	<p>Step 5 Conclusion</p> <p>One man "I realized that I needed a solution, and I didn't have one at all and I felt lost". If only these people had been led to alternative coping mechanisms. One woman stated that she knew she had a problem, but she wished that she had gone to AA meetings sooner. AA meetings were able to provide them with accountability and community with others with similar struggles and circumstances.</p>
<p>Step 3 Evaluation</p> <p>Many stated the toughest part was making the move to acknowledge and voice that they had a problem. They struggled voicing that they needed help. Although it was the hardest thing for them, to me it showed the most strength and them admitting their struggles showed humility. Many struggled with transition of rehabilitation. As they questioned themselves, they were able to bring about change. They started having realizations and were able to analyze their past behaviors.</p>	<p>Step 6 Action Plan</p> <p>Many people struggle with addictions, no matter what they be. These are things that I will be exposed to whether it be in the work setting, or personal social setting. It is important to put yourself in other people's shoes. This experiment has exposed me to the most vulnerable populations. It is so important and vital to accept everyone where they are in their journey. I pray that I can be a connection with those struggling mentally or physically and provide them with the tools they need to flourish.</p>