



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

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><b>Step 1 Description</b></p> <p>This week I got the opportunity to attend an online AA meeting. I was able to read about the story of a man who was dealing with his own sobriety but was able to visit a woman prison to lead an AA group. The end result surprised him.</p>	<p><b>Step 4 Analysis</b></p> <p>I think the impact of different perspectives is that you can look at a situation from different angles aside from the way you would have initially viewed a situation. This would allow you to gain things you wouldn't have if you had kept a closed mind. It's better to keep an open mind because it's possible that someone else's perspective of a situation may be more beneficial.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning before I opened up the message, I was nervous about what kinds of things were discussed within AA meetings. But after hearing about his experience, and also about how he was also nervous, I felt better. He discussed how he didn't realize how much he would receive out of the experience. At home point he states "What we all had in common was that at some point, our lives had become unmanageable, and we needed to find a better solution to the insane life we were living. It made me think of my life and how alcoholism kept me imprisoned, only I held the key and never realized it." This made me realize that we all have way more in common that we would think.</p>	<p><b>Step 5 Conclusion</b></p> <p>I have learned from this event how important it is to go into future settings with an open mind and no judgment of biases about the situation, or about the people who may be involved. At the end of the day, everyone is battling their own issues.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think what went well for the author of this article is that he was able to look at the situation from a different perspective, and that really allowed him to get more out of the whole thing. I think he ended up gaining a lot more than he expected.</p>	<p><b>Step 6 Action Plan</b></p> <p>In the future, I think I will really be able to look at things with a more open mind and from different perspectives. I think I also see now how it is so important to try to gain something from each experience had. There is always something we can take away from situations. And I think if we really see situations and feelings of our patients, we will find that we could have been able to relate to them at some point in our life.</p>