



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>The AA meeting went well, and the person speaking was able to clearly convey his story and the experiences he has been through. Even though it was all online the person was able to share with everyone and people were able to talk to him about it. He also was able to give a lot of advice on how he is getting through his sobriety. The meeting happened last April so it was at the start of the pandemic, and it was interesting hearing from him since it was all new then. The speaker went through his past, what he suffered through, and how he lives now. It involved a lot of other people that shared similar experiences and they were all there for each other. I just listened throughout it so that I could soak in how a meeting usually goes. I was just an observer especially since it was prerecorded. Other people in the meeting played the role of observer too. There was also a person that directed the meeting so that it went smoothly.</p>	<p>Step 4 Analysis</p> <p>I could apply what I have heard from a friend about his experience with alcoholic anonymous. He told me a lot about how these meetings go so I sort of knew a little before watching it. It also helped that we went over alcohol use disorder in our substance use disorder lecture. Both of these gave me general knowledge so that I knew a little of what was going on. The broader issue that is seen in this event is that a lot of people suffer from addiction and that is why we as nurses need to know resources like Alcoholics Anonymous so that we can point people to the help they need. This meeting was a great place for people to be honest with each other especially with their struggle so that each person could help each other. It is hard to tell how the other people thought about the meeting because it only showed them a little bit and they were hard to see but from my perspective it all still sounded encouraging and beneficial to listen to.</p>
<p>Step 2 Feelings</p> <p>In the beginning I felt disconnected because it was all online and I really did not know what to expect. I also felt weird because I did not feel like it was right listening to their stories since it is supposed to be anonymous. At the same time, I was thinking that it felt disconnected because it was all on zoom instead of an actual meeting in person. The actual meeting made me feel empowered by how these people overcome so much and I felt a little anger towards the negative stimuli that a lot of people have about people that suffer with alcohol use disorder. The way the speaker was very encouraging and real with the group reminded me of why Alcoholics Anonymous can be helpful. This made me feel encouraged because there are so many people that need this help, and I am glad there are places that they can get it. When the meeting ended, I felt like everything that needed to be said was conveyed very well and it felt encouraging. The most important emotion I felt during the meeting is hope because it showed how beneficial and important these meetings are and that they can bring hope to so many people.</p>	<p>Step 5 Conclusion</p> <p>I could have benefited more from listening to the alcoholic anonymous meeting if I did not have as many preconceptions about it. I should have engaged more so that I got more out of the experience since I may have a patient in the future that goes to a meeting or that needs to be directed to one. I feel like everyone in the meeting engaged well and listened so they could not make the meeting any better. I could have listened more closely to what everyone said. I feel like I still learned a lot from it, but I could have benefited more. I learned how important these meetings can be for some people. I also learned how encouraging they are, and that people are able to be completely open with their life and tell their whole story. I also learned the benefit of being open about your issues compared to just bottling them up and not telling anyone about them.</p>
<p>Step 3 Evaluation</p> <p>The good things about the meeting were that they were still able to meet and talk even in the middle of a pandemic and a lot of good things and advice were able to be said. The bad thing was that it seemed very disconnected since it was all over zoom and there were a decent amount of audio and video problems, especially in the beginning. It also did not seem as impactful compared to a meeting in person. The easy part was that they were all able to still speak and no one had to risk their health meeting in person. The difficult part was that no one was able to actually see each other in person and anything on zoom instead of in person is more difficult especially with computer issues. I feel like the main person's speech went well and he was able to convey what he wanted to in a timely manner. I did not really expect any different outcomes to the meeting since I have had to do a lot of online meetings before, so nothing surprised me. The beginning was a little disjointed because of some weird audio stuff which is the only major thing that went wrong.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think the meeting went well and I enjoyed listening to it. It felt encouraging and I am very glad that we have things like Alcoholics Anonymous. From this meeting I believe that meetings like this are very important and that is why we should give patients these resources if they need them. If I had to listen to another meeting, I would be less biased and listen more carefully. In the future I will use what I have learned from this to help advocate for my patients better. I now know more about these meetings so I can more confidently talk about the benefits of going to one. This also taught me a little bit about my own biases I had about Alcoholics Anonymous and that I only knew a little bit about them. I will try to always remember this experience so that I can accurately recommend these types of meetings to anyone that may need them, and I will try to always remain unbiased when it comes to people dealing with issues like drinking.</p> <p>Site Address: https://www.youtube.com/watch?v=-P96g12ALLk</p>