



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>I watched a video of an AA meeting on Youtube. It was filmed about 5 years ago, and it was a meeting held in a church for addicts. The people in the group shared a little bit about their pasts and how they ended up where they are now. Some shared that they never felt supported by their family, some about how they were always supported until they messed up, and then their family did not want anything to do with them. Another member shared that she had made a mistake accidentally with her requirements to remain in good standing with the court and now she is facing the possibility of her kids being taken away.</p> <p>The meeting was in three parts: S.O.B.E.R Project 12-step meeting, 9-15-15, part 1 - YouTube S.O.B.E.R Project 12-step meeting, 9-15-15, part 2 - YouTube S.O.B.E.R Project 12-step meeting, 9-15-15, part 3 - YouTube</p>	<p>Step 4 Analysis</p> <p>There is a certain stigma with being an alcoholic. People often perceive it very negatively if they have never dealt with an addiction themselves. Having a place to open up to other people who have similar struggles must be a very freeing experience. It's a place without judgement and where you can receive support that you may not receive elsewhere. This particular group tied in their faith in God to guide their recovery paths. That could provide some much-needed peace to many people. It could, however, drive some people away if they do not share the same beliefs.</p>
<p>Step 2 Feelings</p> <p>I felt empathy for these people. I also felt encouraged by the support they received in the group. It was sad to hear of the struggles that some of them were going through.</p>	<p>Step 5 Conclusion</p> <p>Witnessing an AA meeting like this was an eye-opening experience. They seemed comfortable with each other. It seemed like a successful meeting. I can see why this is such an important part of recovery from addiction. These people can provide emotional support, accountability, and if desired, prayer.</p>
<p>Step 3 Evaluation</p> <p>I think the meeting went well overall. They were all very supportive of each other. There was a time or two where a certain leader/member of the group would cut someone off while they were talking which made me uncomfortable because I wanted to hear the person's story, but they were not able to finish their thought. The leader was trying to offer support, but I think he could work on his timing and allow the others to finish what they are saying.</p>	<p>Step 6 Action Plan</p> <p>In my future nursing career, I can think back to this meeting to guide how I might interact someone struggling with an addiction. As we have learned and what this video also demonstrated, is the importance of listening and remaining non-judgmental. Treat people with respect and kindness no matter what addictions or circumstances they may be dealing with.</p>