



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>This is the second time I've participated in the online AA message boards. These message boards have a large amount of people online and participating at any time of the day. They are open 24/7 for anyone with an account to read through and participate on which gives everyone struggling with addiction somewhere to connect with other addicts struggling with the same thing and find support outside of their scheduled meeting hours. There are many different kinds of message boards available to read and participate in. There are boards for support, to vent, to ask questions of other addicts for problems they may have faced, and I think this is a great outlet for people that are struggling to have access to.</p>	<p>Step 4 Analysis</p> <p>I can apply my experience from last module to my experience this time. I had a better understanding of AA because I've done this assignment before and was given the chance then to learn and give myself information to grow on. Using information from our lectures surrounding addiction, we can connect that information to how AA helps addicts in their recovery. We learn about support systems and having support via these kinds of groups is vital for addicts to be able to maintain their sobriety. They are given a group of people to hold them accountable and have sponsors that are available to talk them through rough situations or situations where they may fear relapse into alcohol. This experience allows me to see exactly how these kinds of support groups work for people which will allow me as a professional to recommend in detail these kinds of programs to my future patients.</p>
<p>Step 2 Feelings</p> <p>Since this was my second time doing this assignment, I kind of knew going into it what my feelings would be. I remember my feelings from last time that I was nervous about seeing what kinds of situations that people were talking about but this time I didn't have any nervous feelings. Doing the assignment and reading through the struggles that everyday people are going through and how they cope with stress does make me a little sad because if you don't have any sort of positive coping skills, it's easy to fall victim to substances. Very few people actually have access to positive role models, counseling, or the therapy that they need to learn these kinds of skills that would have a largely positive impact on their lives. It's difficult to see as a future nurse because I know I will be caring for these people and knowing the kinds of struggles they go through just to cope is hard to read.</p>	<p>Step 5 Conclusion</p> <p>I think the only way to make this assignment better is if I had actually gotten the chance to attend an actual AA meeting instead of just using the online message boards. This assignment is a wonderful learning experience and I continue to learn how vital these support groups are for the people they serve. Anybody is welcome in these groups no matter what background they come from, the situation they find themselves in, or who they are as a person. There is no bias when it comes to race, education levels, or financial status. They are willing to love and support every person that comes through the door, no matter what.</p>
<p>Step 3 Evaluation</p> <p>This assignment remains a great learning opportunity for students. Addiction is so stigmatized and it's easy to judge people for something that you know very little about. A lot of people only know AA or NA or other support groups from shows or movies that they watch but when something like that is scripted it isn't as authentic and you don't get an accurate depiction of how important it is for regular, everyday people.</p>	<p>Step 6 Action Plan</p> <p>This assignment is a fantastic learning experience and I think it's vital to learn as a future nurse. I will be able to use this information in my future practice because I have a better understanding of the process and how it actually helps and supports people. It's very difficult to recommend something to patients that you know very little about, and that was the case for me when it came to addiction support groups. I think you can build a greater level of trust with your patients if you are knowledgeable about whatever you are trying to get them to do. It's easy to tell them to go somewhere or do something but once you can give them more in depth information about what it is and how it works they may be more willing to actually participate in whatever it is you're trying to get them to do. I can use my experience to confidently refer my future patients to AA or NA or other groups because I can describe to them what it looks like, how it works, and what they should expect from it.</p>