



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

Student Name: Nick Au

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>Today I was at the Dove Tree Ranch where they specialize in treating individuals with substance and alcohol addiction. I got to sit through several groups and was able to make relationships with some of the patients there. I was able to sit in with the patients and really get to see what a day at Dove Tree is like and how it may be beneficial to the patients. The result of my clinical at Dove Tree was really eye opening and gave me close insight on how addiction affects all different types of people.</p>	<p>Step 4 Analysis</p> <p>It was very helpful to have already gone over all of our addiction and substance abuse lectures before going to Dove Tree. I was able to understand better what the patients were talking about and was able to ask about their experiences. Some of the broader issues that I realized while I was at Dove Tree was just about some of these people's upbringings. I feel that addiction has this stigma where the general public feel that people struggling with addiction are bad people or that they are not as intelligent. That is absolutely not the truth at all. I realized that some of the clients at Dove Tree just had rough lives and that one bad decision can easily lead to another. Every single person I met at Dove Tree was extremely kind, and I sensed tons of intelligence from them all.</p>
<p>Step 2 Feelings</p> <p>When I first got there, I was able to immediately go on a tour of the facility. I was able to meet a bunch of the staff, however I did not get to see the nursing aspect of Dove Tree. Although I did not get to follow the nurses, I do not think that is necessarily a bad thing. The fact that I was able to attend all of the meetings and activities from 0800-1600 really opened my eyes to these patients and their struggles. I felt that today went really well.</p>	<p>Step 5 Conclusion</p> <p>I am not sure what could have been done in order for me to have a better day. I felt that my day was already extremely beneficial to me. The only thing I may have missed out on was seeing what the nurses at Dove Tree do, but I cannot think of anything else other than that. I have learned a lot about addiction and the real struggles that people go through in order to try to help themselves.</p>
<p>Step 3 Evaluation</p> <p>My day at Dove Tree went really well! I got to go to morning intention, meditation, process groups, relationships, health/wellness, and cognitive behavioral therapy. I basically spent all day hanging out with the clients and seeing what a day of life in the ranch is like. I was extremely impressed with the comradery and the togetherness of everyone there.</p>	<p>Step 6 Action Plan</p> <p>Overall, I was very pleased with how my day at Dove Tree went, and I wish that I got to go back for another clinical. I was able to build relationships with the patients within only 8 hours. I was able to hear the stories and struggles of many of the clients there. I will be able to apply what I learned to my future nursing career, and also in my daily life. I hope that I can change some minds when it comes to how people view addiction.</p>