



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>

# Covenant School of Nursing Reflective

Student Name:

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>I got to experience a clinical rotation at a drug and alcohol rehabilitation center. I was able to follow and listen to different groups who struggled with addiction. I joined in during some of the activities and listened to clients and their struggles. The role I played was a student nurse who was observing. This resulted in me attaining new knowledge on the topics of addiction.</p>	<p><b>Step 4 Analysis</b></p> <p>I do not have much knowledge or research when it comes to addiction, so I came into this clinical experience with an open mind and a great attitude. I have not come about any evidence or theories that revolve around addiction. A broader issue that can arise from an addiction and rehab facility is that treatment may be hard when it comes to clients missing their families. This is because it is very easy to just check yourself out and not go back. The clients at this facility need this treatment to be successful at overcoming addiction. Many of the clients all experience similar situations they all are trying to overcome an addiction whether its drugs or alcohol. This clinical experience has a huge impact on my perspective, I now know what its like to struggle with addiction and it not easy to just stop without seeking medical help.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of this clinical experience, I felt very timid to join in a share my thoughts. At the time I was thinking that these clients have their own struggles and are coping with it on their own they don't want to hear what I have to say. I felt shy but then I realized that these clients in fact wanted to hear input and know more about us. The way the clients interacted with us observers made me feel more comfortable about the clinical experience. The most important feeling about this was the feeling of comfort, this is because when it comes to clinical time it is important to step out of our comfort zones.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think there was any way I could have made the situation better. Workers at the facility handled everything and there was not much trouble happening. I don't think I could have done anything differently either I just observed with the occasional participation in activities. I have learned many things from this clinical rotation. I learned many things from talking and engaging with the clients at the facility.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about this clinical experience was I was able to partake in different methods and group meets to help the clients overcome their addiction. The only bad and difficult about this clinical experience was the fact that I didn't see much of the nursing perspective at dove tree. I only followed the groups and heard them out which went well but the nurses didn't have much to do with those such activities. All the staff at the facility I visited treated clients with respect and did not treat them poorly which was great to observe. I did not expect another outcome everything went smooth. I contributed to this clinical experience by listening and participating in different activities.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think this was a great clinical rotation. I know that these patients have a long road to recovery, and I hope they find the answers they are looking for. The lessons I learned will always stick with me as I progress into a being an RN and will progress with me outside of the medical field as well. This clinical experience has taught me to understand that if anyone struggles with addiction it does not necessarily mean they are bad. They are normal people with normal jobs who just need help bettering themselves. So now that I know this my future practice will help me better treat anyone who presents with addiction.</p>