

Covenant School of Nursing Reflective



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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, with relevant details. <u>Remember to 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"> • Whathappened? • 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 importantways? • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?
<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?

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Name:

Instructional Module:

Date submitted:

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description I went to Anyone Anywhere AA which is an online zoom meeting for recovering alcoholics. The meeting was for people of all ages located anywhere in the world no matter where they were at in their sobriety. I sat and listened to a speaker who told her life story of how she got to where she is today. She started drinking in middle school which led to constant drinking everyday throughout high school as well as experimenting with drugs like marijuana, cocaine, heroin, and methamphetamines. This continued throughout her life which affected her relationship with her family as well as a marriage. After the speaker was finished, everyone in the meeting was allowed to share. Many people shared where they were at in their sobriety with someone saying they had been sober for one day. This AA meeting was very interesting to listen in on and experience as I had never done this before.</p>	<p>Step 4 Analysis From this meeting, I learned to have more empathy for people suffering from this disease. I learned it is a difficult thing to constantly battle and overcome. Most people's experiences were similar in the fact they had suffered from alcoholism for the majority of their lives. Being in the meeting definitely proved that AA meetings are beneficial to these people. One woman had said being able to attend daily was what helped keep her sober and just showed that knowing you are not alone in that journey is helpful in maintaining sobriety.</p>
<p>Step 2 Feelings In the beginning, I honestly felt awkward and uncomfortable to be present in the meeting. I felt as though I was infringing on their personal and private rights. As the meeting went on and the speaker told her story, I felt for her even though I could not understand what she has been through. Being in the meeting made me realize that substance abuse disorders are very prevalent and are occurring frequently. As the meeting went on and different people shared their stories, I felt sad as some of these people had gone through horrific things during their lifetime however it was refreshing to see these people working so hard for their sobriety.</p>	<p>Step 5 Conclusion In conclusion, it was definitely an eye opening experience from start to finish. Although I did feel uncomfortable being in the meeting, it was interesting to hear everyone's life stories. It was different hearing real life stories versus just learning statistics of how prevalent substance abuse disorders are. It puts it into perspective when it is a real person sharing their experience versus a number we have seen on the internet.</p>
<p>Step 3 Evaluation This meeting was an eye opener in the fact I had absolutely no idea how often people face substance abuse disorders with alcohol. It was difficult to hear peoples stories and how much they have struggled in their lives. I wasn't really sure what outcome to expect since I have not ever been to an AA meeting but it was emotional to listen to.</p>	<p>Step 6 Action Plan There isn't anything I would do differently because I did not want to participate in the meeting since I did not have anything to share. By attending this meeting, I can always have more empathy and respect for people who are fighting alcoholism. Overall, it was an experience I have never done before and I can always take into account how people are struggling with these things both internally and externally and know most are trying to fight these battles.</p>