



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. <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"> • 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' 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?

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>My online AA meeting was on http://aaonline.org/. I attended a 12:30 meeting on Tuesday. Once entering the group there was group admins each assigned to different tasks like introduction, the lesson and the person who monitored and called on people to share their stories. There was about 20 people in the meeting, and I played an observer role. Once the admins introduced themselves and gave the initial lesson/story sharing about setting limits, the floor was opened for others to share.</p>	<p>Step 4 Analysis</p> <p>I can apply my knowledge of substance abuse from lecture to this scenario. I can see how online meetings a good supplemental activity for those who may be are battling addiction. I feel as if in person would be better for someone who is first starting and has yet to get their feet under them and feel confident in their recovery. The meeting took a while due to the time it takes to type and respond rather than in person having a conversation. Only 3 people shared, and it took over an hour between introduction, the lesson, and the conclusion by the admins.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was not sure at how the meeting was going to go. I logged in early and the other participants were talking about fried eggplants and eating too many donuts. Once the meeting started, I then understood the meaning of the meeting. This meeting made me feel thankful that I personally or anyone I love to have not been in the depths of addiction like the participants have. Although not even knowing these people or what their real name was, I felt a sense of pride knowing they have been able to overcome and successfully battle the addiction of alcohol every day.</p>	<p>Step 5 Conclusion</p> <p>I think being in person could have made the situation better. There is nothing wrong with online meetings but in person would be a lot more beneficial to others as we know. I couldn't have done many things different as I was an online observer. I learned about the twelve-step program. I learned how an AA meeting works as I have never been to one.</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? <p><i>How will you use this experience to further improve your practice in the</i></p>
<p>Step 3 Evaluation</p> <p>The good of the event was learning about the process of AA meetings. Though it was online, it still mimicked a in person meeting as much as possible with the "Hi I'm Sally Joe and I am an alcoholic" and the others replied with "Hi Sally Joe" before sharing her current feelings and struggles. The bad isn't really something that is actually bad but the way they typed was just a few words at a time, so it was difficult to follow along as the conversation was going. I found it easier to wait and let them type multiple things so you could read it as a whole instead of in segments. I understand they do this because typing an entire story takes a while and it is a live chat. I did not contribute to any storytelling, just observed.</p>	<p>Step 6 Action Plan</p> <p>I can conclude that this program is very helpful and successful as it has been around a long time. The 12 steps and sponsorship pave the way for individuals with a substance abuse/ alcohol problem. In hindsight, I would have hoped to go to a in person AA meeting. I can apply this experience and what I've learned to my future practice as being able to educate my patients on the program. Knowing what to expect can ease individuals anxiety about going to a meeting and sharing their experiences with something most aren't excited to talk about.</p>