



*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. <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"> <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> On September 3, I attended a call-in Alcoholics Anonymous meeting. I completed this through a local Lubbock organization called The Way Out Group. As a student, I played the role as a silent observer. The chair person spoke and introduced how the group is ran. She was welcoming of students and conversations with others.</p>	<p><b>Step 4 Analysis</b> The program is based on self honesty, it was described as "rigorous". This was a way I had never heard alcoholism- or addictions described. They call to action accountability to be honest and be objective of self. One member described how medical doctors were helpful in his healing, but ultimately it was his self evaluations through the means of Alcoholics Anonymous to emotionally heal. This was what was most important in his sobriety. This self honesty and reflection can and should be applied to all aspects of life.</p>
<p><b>Step 2 Feelings</b> Throughout the meeting, the religious elements were very compelling. They connect through prayers and open discussion. Their hope lies in God in this group specifically. They do make a disclaimer that they are spiritual in nature, and Christianity is not required. They celebrate sobriety milestones and I could feel the connectivity in the community. One member in particular triggered inspiration. She read to the members about the steps they take to turn their lives around, many of these were of religious means. I felt as though she is truly making a difference in the lives of others.</p>	<p><b>Step 5 Conclusion</b> I learned a lot more than I expected from this meeting experience. I learned the importance that these meetings have for members. They have truly changed lives and the compassion is palpable, even through the phone. I also learned how everyone has a diverse struggle with alcohol, and everyone has their own motivations for drinking that require self reflection and support to heal from within. I can see how openly discussing everyone's stories helps relieve shame that these individuals were suffering from.</p>
<p><b>Step 3 Evaluation</b> This meeting being virtual is so beneficial. The Way Out Group is able to serve a larger population by offering dial in meetings daily. This allows individuals suffering or recovering from alcoholism to access the support and nourishment of community from wherever they are located and despite their busy schedules. Additionally, in light of a community wide surge of Covid-19 cases, some may feel more comfortable meeting from home, where they can social distance. Despite not being able to put faces to names, this group still touches the hearts of others in a community.</p>	<p><b>Step 6 Action Plan</b> Overall, I can conclude the importance of community in healing. Referring patients to support groups, or pointing out community resources is so essential to healing and can be life changing. In addition, I feel compelled as a future nurse to take care of patients by genuinely listening to them and understanding their diverse struggles and motivators. Going further, I have learned that I myself should exercise frequent and rigorously honest evaluations to improve my character and ability to care for my future patients. These self evaluations can also prevent bias in care and promote therapeutic caring techniques.</p>