

## Covenant School of Nursing Reflective

*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>On September 2, 2021 I attended the AA call-in meeting for The Way Out Group of Lubbock hosted at 5:30pm. This group is open to all but the majority of the callers were from the Lubbock area. I was welcomed by the chairperson before the meeting began. She also introduced me to the other members in attendance. As the meeting began, the chairperson of the group gave me a brief summary of what AA consist of and the meeting opened up for testimonials. I was a silent listener for the duration of the meeting.</p>	<p><b>Step 4 Analysis</b></p> <p>The chairperson read from the “Big Book” an example about a medical physician of the 1930’s. The overall story was about people who abused alcohol in the past and how it affected them. Another gentleman stated how the physician would help the patient physically but does not fully understand the life of an alcoholic if the physician did not have the same problem. The broader issue is that these members feel more comfortable with their own peers of AA and believe they could help more than a trained medical professional. Maybe it’s the sense of non-judgement the members felt from the vibe of meeting.</p>
<p><b>Step 2 Feelings</b></p> <p>I was grateful to hear the testimonials of the members because I felt as if I was welcomed into their group. I understood that they were in the meeting because they were reaching out for help. The mood within the meeting was calm and non-judgmental. I was surprised to learn that the 12-step program is based on a claim of spiritual process and not religious. The belief in a higher power was a universal aspect throughout each testimonial. I also believe that faith in God will overpower any struggle one is enduring. Some members felt as if they would not be able to prevail over there alcohol abuse which led them to believe there was no hope.</p>	<p><b>Step 5 Conclusion</b></p> <p>I have learned mostly from this event that you should not judge the patient for decisions that may have been out of their power. It was said how alcohol abuse is possibly genetic and was a way of life for some members. In a sense, it was predisposed that they would eventually have the drinking problem. These members were brave enough to seek help and are in a vulnerable state. As nurses, it is our duty to help those who are in need, especially if the are desperate for change. The group also mentioned how the change starts with the self-motivation. If someone is willing to make that decision for themselves, the treatment and outcome are more positive.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel that the meeting started off slow because not many people were willing to speak. Though after the chairperson opened up the floor with her testimonial, people began to express their own feelings. The most interesting testimonial was given by a woman who has attempted rehab twice and still felt lost. She then found this AA group and she believes it had changed her life for the better. It had also helped her with speaking to others about her story and she did not feel shame from members going through the same ordeal.</p>	<p><b>Step 6 Action Plan</b></p> <p>I have learned through this experience that if you sit back and really listen to you patient, you form this bond with understanding their true struggles. I mostly listened silently throughout the meeting, and you could hear the cries for help and embarrassment in their voices as they spoke about their past. It’s the end of their testimonials which allowed me to not be judgmental. I was not expecting the spiritual aspect of the meeting and in the closing, the group recited the Lord’s Prayer. I believe the power of prayer is most healing. I know if I sit back and listen to my patients, I will also have the help of the lord to offer the best care I can give.</p>

