



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. 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"> • 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?
<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>I attended an online AA meeting called 1 AA No Rules, No Drama, Just A Primary Purpose Sunday 12:00 pm. This meeting was for beginners to AA. There was 74 members on-line during the meeting. I sat in my office and just sat and listened to the stories they had to speak about.</p>	<p>Step 4 Analysis</p> <p>I think the broader issues that comes to mind is the lack of support from the people that are usually the closest to the people talking. Everyone in the meeting seemed to have the same experiences although the time frame was different. Some had more issues and failures than others and yet where very encouraging to the others in the group.</p>
<p>Step 2 Feelings</p> <p>I was a little anxious about joining into a meeting, thinking I would be judged if someone noticed me on the video. After listing to everyone speak, I found that it was a non-judgmental area. It was especially refreshing to see that this class was all about the beginners in the meeting. They where very encouraging to those that were just starting their journey.</p>	<p>Step 5 Conclusion</p> <p>I don't think I could have made anything different in this meeting due to not having an addiction and being unable to relate. I don't think anything could have made the meeting any better. I learned a lot from listing to the people in this meeting and the struggles that they have been through or even what they are going through now.</p>
<p>Step 3 Evaluation</p> <p>Like I said earlier what was good about the event was the encouraging words from the people that have been sober for 120 days to years etc. to encourage the first-time people. I liked that they had a hand cymbal that you could hit to ask a question and not interrupt the meeting until it was your turn. What was difficult was listing to some of the stories and the difficulties that they have had with family and jobs.</p>	<p>Step 6 Action Plan</p> <p>Overall, I found the AA meeting very helpful in my understanding of the struggles that these people have every day. I think I will use this as a learning guide for when dealing with alcoholics or substance abusers. This will definitely be something that I will carry with me throughout my life and not just form career.</p>