

Covenant School of Nursing Reflective Practice



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"> • 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?
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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</p> <p>At Dove Tree, the clients participate in various activities throughout the day that help them with their journey towards sobriety. These activities vary from group therapy, mediation, and creative types of therapy involving music and art. One activity that I sat through was their music therapy class. In this class, clients write down song requests and place them in a jar. The counselor then picks a song randomly and plays the music video on a TV screen for everyone to watch and listen to. The counselor had explained that this was not the typical music therapy, it was an activity to identify triggers that music can cause. After each song was played, whoever would request it briefly explained why they chose it, and other clients could explain how it was triggering if it did. As a student, I just sat in the circle and observed. Some of the songs that were played were about addiction and it triggered some clients to cry during their explanations of the trigger.</p>	<p>Step 4 Analysis</p> <p>As beneficial as this activity presented for many, it was just as difficult for some. This activity was to help the clients identify their triggers with music, and for some it really made them uncomfortable enough to leave the room. Some clients even said that they could even taste the drugs in their mouth just from watching a music video. The clients in there all come from different backgrounds and have different addictions. Some clients were able to resonate more with those with the similar addiction as them, while some were not at all able to.</p>
<p>Step 2 Feelings</p> <p>Before attending this activity, I did not expect it to be as intense as it was. From what a client told me before, it was at times a fun activity, but rarely it ever gets very emotional and intense. Seeing some of the clients cry and</p>	<p>Step 5 Conclusion</p> <p>I do not think there is anything I could have done to make things better. Most of my time spent there today was listening. When socializing with clients, many of them just really wanted me to listen to them talk about the different</p>

<p>talk about how their addictions have destroyed their relationships at home was very heart breaking to watch. It really made me think about how hard these people are trying to change their lives. There is a very big stigma regarding addicts, and it is something they must deal with every day as they work towards their recovery. This really changed my perspective on how addicts are perceived, especially the ones who are trying to stop.</p>	<p>events in their lives or just participate in small talk. From this event specifically, I learned that the smallest things to you can be a major trigger for others. These triggers make it hard for some to go through life every day in an effort to stay sober.</p>
<p>Step 3 Evaluation</p> <p>The easiest part of this activity was that I do not struggle with addiction, so I did not feel the pain that the clients did. The most difficult part was seeing these people hurt while trying to recover from addiction. Personally, I did not contribute because this is their journey. I am not an addict and as hard as I try to empathize with them, I will never be able to understand what it feels like to go through the process they are. This activity was very engaging for all the clients that attended, as they all voiced what they were feeling with each song that was played.</p>	<p>Step 6 Action Plan</p> <p>From what I have learned in this event, I feel like I can use it in the future. It has allowed me to think about many things in different perspectives depending on the patient. It makes me feel like I should proceed with caution in many things that I say and do to ensure I do not trigger or make anyone uncomfortable with my presence. I think this activity that the clients did was so informative for everyone. It allowed them to realize that the treatment program not only helps them while inpatient, but especially when they are on their own in their recovery.</p>

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