Covenant School of Nursing Reflective

Student Name: Nikaele McCoy

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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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'
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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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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.

Step 1 Description I attended a local AA meeting in person as a class requirement. That is exactly how I viewed it as well, a task that I needed to have checked off to be able to meet the requirements to move onto the next module. Between my psych/mental health clinicals and the AA meeting I attended I feel like I have been doing more self-inventory and looking at situations from a different perceptive than I have in my entire nursing education thus far. Attending a group meeting and witnessing people show such vulnerability and raw parts of their lives and their recovery journey has opened my mind to the seriousness of mental health and the impact it can have on an individual's quality of life and the choices that individual makes as a result.	Step 4 Analysis I have been surprised at how interesting my psych/mental health clinicals and this AA meeting has been to me. I have a strong believe that life is completely not fair in who gets handed what. I believe I have such an interest because I think how I could have been any one of those individuals sitting inside that AA meeting or admitted into a psych unit or battling with mental health illness. For some reason the events in my life led me down a different path and I didn't get sucked into the lifestyle of addiction and destruction. Individuals cannot control or help what happens to them but only how they are going to respond to what has happened to them. I could feel such a strong urge from these group members that they wanted better for themselves and wanted to be better TO themselves. I cannot begin to understand what these individuals have gone through and what they have overcome during their recoveries, but I could see they were determined to break the cycle and become a better version of themselves.
Step 2 Feelings The morning leading up to the meeting I did not want to go and felt like I had more important things I needed to complete that day and a little frustrated that I needed to spend extra time that I rarely have during school going to an AA meeting instead of other responsibilities. Walking into the meeting I felt nervous as I was doing something out of my comfort zone and not sure what to expect. I had a stereotypical picture in my head of a completely empty room with chairs forming a circle in the middle of the room like in the movies. When I walked in the room was welcoming and so were the individuals already inside, greeting me with a smile on their faces. The 12 steps were displayed on the wall along with encouraging messages and bible verses. After sitting down for a few minutes and observing the environment I started to feel less anxious and more intrigued on what exactly goes on during these meetings. Once everyone filled their cups full of coffee and finished their socializing the meeting started, acknowledging new members, and celebrating sobriety milestones.	Step 5 Conclusion I felt like I learned something new by attending this AA meeting and think future students should have the same opportunity to get out of their comfort zone and hopefully learn something they need to learn as well. I feel like every single individual can benefit by looking within themselves as we are all flawed and distorted by our past experiences regardless of addiction or mental health struggles. I feel like this experience has made me take a step back and do a self-inventory on struggles that I need to be strong enough to acknowledge and overcome so that I may grow as a person and hopefully be a better nurse because of it. I can only imagine how draining it could be taking care of patients and ensuring the safety of their mental health with demons lingering and stripping away at my own.
Step 3 Evaluation Attending this AA meeting was educational for me as a nursing student and an individual functioning in society. For someone who doesn't have a lot of experience or exposure to addiction and the process of sobriety, I feel this was beneficial for me and will impact the way I look, feel, and approach another individual's situation and daily interactions with them. Being able to hear different group member's thoughts and feelings while working through the program and their steps I could feel the strength and perseverance in their testimonies. Going into the meeting I had a completely different outcome in my mind, that I would just sit there and get through the hour-long meeting and then go about the rest of my day. I was happily surprised that I was interested in the group dialogue and disappointed when the hour was up, and the meeting ended. I found myself silently rooting on every individual that was courageous enough to share their stories and experiences.	Step 6 Action Plan I strongly believe this will impact my nursing career in the future as far as how I approach and speak with my future patients. Being able to acknowledge that everyone has their own struggles and perspectives that differ from my own will help me to recognize how to best provide care and teaching to my patients. I have never been able to view myself as a psych nurse or working in a psych/mental health facility, but my opinions and viewpoint is starting to shift in the opposite direction. I desire to work with a highly vulnerable population that needs someone to continuously advocate and speak up for their best interest. Regardless of where I end up working, the skills, and experiences I am gaining within this module will help me provide therapeutic care to patients of all backgrounds. I feel fortunate and thankful for what I am learning and the self-growth this module is encouraging me to perform.

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