

## Covenant School of Nursing Reflective



*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. 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"> <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>

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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.*

<p><b>Step 1 Description</b></p> <p>Week 3 I had the chance to attend an AA meeting and it was an eye-opening experience. I just went and observed with a fellow classmate. We heard the group members tell their stories and experiences with alcohol. They all seemed to have some of the same struggles in a different way. I did not do much to contribute because I feel like this was an experience for us as students to learn about the different situation's individuals may go through. However, even though I just listened I also felt I learned a lot. I would say the overall result of my experience was a great one.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply from my previous knowledge is how to effectively communicate with patients going through something like alcohol addiction. Learning about different therapeutic communication styles is very important in situations like this. At first, I did not know why we had to attend an AA meeting but when I went it made me realize why it was important. It showed me the different things I am going to encounter in my career. I can't really say how my other classmates' experiences were because it could be different for everyone. I hope it was as beneficial for them as it was for me though. All in all, I feel that learning communication from the past modules was very helpful in how I am going to approach patients dealing with addiction.</p>
<p><b>Step 2 Feelings</b></p> <p>I was feeling very nervous at the beginning because I did not know what to expect. I had all these thoughts in my head about what I thought it was going to be. I tend to think negative things before I go to things, but I am working on that. The event though turned out to be way better than I expected. The group members seemed to be all very supportive of each other. I did not feel awkward at all to be there, and the members also made us students feel welcomed. I think the most important emotion or feeling I had about the experience was gratefulness. I had this feeling because I was grateful to be able to see how individuals can gain control back over their lives. The outcome was great overall, and I am so glad I got the opportunity to attend a meeting like this.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think there could have been anything to make the situation better than it was. It was well organized and put together. The group members did not seem stand offish or anything. They were all very open with each other. It felt like they seem to be each other's support system. They did not judge each other, and they even clapped for each other when there were accomplishments achieved! There was not anything I think I could have done differently. It was just an opportunity to listen and understand the importance of the meetings. I learned that it was very important for nurses to know they available resources. The resources are such a big part for the success for many people and I think that is very important.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about the event was how eye-opening it was. I don't think nothing was bad about the event. The meeting overall went quite well. The event was all well organized, and it allowed everybody to share how they were feeling and how they were coping. The members shared a lot of positives that have happened in their life ever since they attended the AA meetings. Hearing that was great and made me happy because it showed just how useful going to those meetings were for them. I did expect a different outcome because I have heard little bits and pieces of information from others that have attended, and they didn't seem to like it very much. However, I had a great experience during my visit. I did not do much to contribute other than listen, but again it was an eye-opening experience.</p>	<p><b>Step 6 Action Plan</b></p> <p>What I think overall about the situation was that it was great. I am so glad I attended, and I gained more knowledge for my career. Conclusions I can draw are how not to be judgmental to any patient. Sometimes they just need a little bit of extra help to get back on their feet and nurses can help do that. I came into this field because I want to help people and I intend to do that in any way that I can. I can totally apply these lessons from this event in the future. I say this because I can offer information about how AA meetings are a great way to get help. This experience will help improve my practice in the future by being open minded when it comes to certain situations that patients are going through. In conclusion, I am very grateful for the experience and can't wait to use the information I learned to help those in need.</p>