

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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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>I attended an alcoholic anonymous meeting on October 19 at 1730. I arrived about ten minutes early, and it did not seem like many people were going to attend. Towards the start time many people started rolling in. There were about 15-20 members there. A diverse group of people were in the group and they were all friendly. Most of them knew each other because they go to the meetings continuously. They were welcoming to everyone. As the meeting got started, I realized that there was not one person that was in charge who was not an addict. The guy who was in charge of the meeting was an alcoholic. He started the meeting off and him and three other members read their daily readings from their books. Then everyone introduced themselves throughout the room and chose to share their story or just listen for the day.</p>	<p>Step 4 Analysis</p> <p>There was one thing that stuck with me throughout the meeting and it was the comment that a member said. In my head, when they just read the books and talked I thought to myself how does this help them stay sober but a lot of it is deeper than just the meetings. They have a sponsor and try really hard to work on their steps that is in the book. They go there for support. One man stated this frustrates me because I am a logical person, and I like to have facts and reasoning for my question why, and I cant answer why this works it just does. This place makes them feel safe and gives them hope and sometimes it takes them a few times to get on track but when they stay on their streak they realize what they had to do to surrender.</p>
<p>Step 2 Feelings</p> <p>I was nervous about going to the AA meeting. I kept pushing it off everyday, and was going to push it off again, but I knew that I needed to get it completed. I have heard about AA, but never suggested it to anyone or attended one. Many people do not see alcohol as an abuse. Now that I am in the psyche module and our substance abuse lecture and doing my patient teaching project I learned how much is risky or heavy drinking, and how many people I know fall under that category. It makes me sad to realize that, but know that they think they do not have a problem much like the people in the meeting described.</p>	<p>Step 5 Conclusion</p> <p>I learned how important these meetings are to them and how people really struggle on a daily fighting the urges that come especially with stress. One girl said she left home in her house shoes and the middle of cooking because she knew she needed a meeting. Another man said that he knows that when he needs a meeting there is always going to be one at this time or this time. I also learned that alcohol addiction can happen to anyone from any background. Each person struggles with something and uses a coping mechanism and it is often not the best coping strategy. Although each person comes from a different background and may look completely different they all struggle with the same problem and understand each other which makes them feel like a family.</p>
<p>Step 3 Evaluation</p> <p>I was just an observer throughout the meeting so there was not much that I could have done. What I did like, is that besides me as a student there usually isn't anyone who is different from them in the meeting room. It is a meeting that is organized by them. They are all alcoholics which makes them feel like they are not being looked down on. They do a very good job on welcoming everyone because they understand what each one is going through. The meeting was almost over and they one lady saw a man walking in and she still invited him in to sit down and join. Also, one member noticed someone who was there for the first time, and she offered her a paper with not only their organizations time meetings, but all of Lubbock's meetings that are available to the public.</p>	<p>Step 6 Action Plan</p> <p>Overall I am glad that I attended the in person AA meeting. After hearing what everyone has to say, I realize how beneficial and helpful these meetings are to them. As a nurse, we think of how to fix their medical problems with medications and sometimes forget about the resources outside of the hospital. In the future, I hope to remember and suggest meetings to people who struggle with alcohol not just in the hospital setting, but people that I know. I also hope to maybe use my patient teaching assignment and inform others around me in a concerned and polite way.</p>