



*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. personnel / 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>

## Covenant School of Nursing Reflective

*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>Today I had the opportunity to attend an AA meeting at the SouthWest group. I had a truly great experience and was able to learn from the group members, as well as develop some new perspectives of my own. I loved the amount of prayer that was held throughout the meeting, as I know quiet time speaking with God can be the best therapy and/or outlet. The group was very inclusive of us as students and even provided us books to follow along with them, which was so kind. The meeting was one I didn't think I needed in the beginning, but truly spoke to me in the end.</p>	<p><b>Step 4 Analysis</b></p> <p>God enlightened me today through each person as they shared their stories and helped me realize my childhood experiences were not for nothing. They were for these exact moments. Instead of being judgmental, I am able to look at these people with an open heart and empathize with them for all they have gone through. They are truly the strongest people I have met, and I am so thankful I had the privilege of having my eyes opened by them. Each of their stories were so different and they were such a perfect reminder of how God may show up differently for everyone, but he always shows up.</p>
<p><b>Step 2 Feelings</b></p> <p>In complete honesty, I was not looking forward to attending this AA meeting. I grew up in a home filled with addiction and grew up attending COUNTLESS NA meetings. Let's just say the childhood trauma became very real when I sat in the meeting and was able to recite The Serenity Prayer right off the bat with them. I believe everybody should attend a AA or NA meeting in their lives to help break the stigma around addiction and addicts, but I felt as if I had my fair share of doing that in life. For someone who has never struggled with addiction, I feel like I could recite the 12 steps in my sleep. I grew up with a single mom who found comfort in attending these and an addict brother who would tote me around with him to meetings when my mom was working. I am proud of him for not allowing an excuse to break his sobriety journey at that time. Even after his multiple relapses, I always seemed to find myself in more NA meetings and therapy sessions at rehab facilities more than I ever thought.</p>	<p><b>Step 5 Conclusion</b></p> <p>I have to say I never imagined myself attending another rehab facility or AA/NA meeting again after I left home. I was once 8 years old cleaning out my piggy bank to help my brother pay someone, because it had to be 'an exact amount' he said for what I now realize was drugs. Then I was 11 years old sitting in the "Ring of Fire" with my brother at a family weekend at his rehab telling him how his addiction affected me as a part of a family therapy group, and here I am 11 years later at 22 having the opportunity to share my story/perspective with addicts/alcoholics in hopes of providing them with some hope and absolutely loving it. I left this meeting the same way I left Dove Tree, with an incredibly full heart.</p>
<p><b>Step 3 Evaluation</b></p> <p>The meeting provided me a really great perspective on how everyone's relationship with God is different, as that was the topic. Everyone went around and explained their views on religion, what changed after they became clean, and how God showed his mercy to each of them at some point in time. It allowed me to realize, I may not suffer from the same struggles as them, but I do have the same God as them. I have been struggling to see God in my life due to my own emotional blindness for a while now, and hearing their testimonies allowed me to take a step back and truly see all God has done for me recently and how he has shown up in my life.</p>	<p><b>Step 6 Action Plan</b></p> <p>I know as a nurse, no matter what specialty I work in, I will always have mental health patients and more than likely patients who struggle with addiction. Being able to understand things from their own perspective is crucial in having an opportunity to provide quality patient care. Not all addiction is the same and each addict has their own journey. It is my job to use patience, understanding, and empathy with each patient as a reminder that individualized care is important for people suffering from addiction. They are all at different points in their journey and it is my duty to support them in whatever way possible as a nurse by providing a therapeutic relationship.</p>