



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>Step 1 Description 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"> • 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'
<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?

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<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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<p>Step 1 Description-</p> <p>I drove up and parked at the building where the AA meeting was held. I walked to where this group of people were and asked where I could find the AA meeting. A woman showed me the room where there already people waiting for the meeting to begin. I sat next to one of my classmates and a woman who was running the meeting. A woman offered me some coffee and then the meeting began. After the woman I was sitting next to started the meeting, she asked if there were any visitors that wanted to introduce themselves. My classmate raised his hand and introduced himself and then the meeting proceeded. Everyone took turns speaking about what was on their mind. I was offered coffee two more times during that time. It then came to my turn to speak. I introduced myself and spoke about why I was there. A few more people spoke after I did, and the meeting came to an end. We ended the meeting by standing in a circle, holding hands, and saying the Lord's Prayer. As I walked out of the door, most of the group members told me that I'm always welcome to come back.</p>	<p>Step 4 Analysis</p> <p>I was able to recognize what I have learned previously about coping with problems. One way to cope is verbalizing feelings. The very few people who were experiencing sad feelings were smiling more after they spoke. Their body language also implied they were more relaxed. Some even said they were glad they had people to talk to there. I also briefly saw someone do some deep breathing before the meeting started. I was also able to recognize some of the problems people said they had that would interfere with going to doctor's appointments. One person mentioned they have a hard time finding a ride to places because their car needs to be fixed.</p>
<p>Step 2 Feelings</p> <p>When I arrived in the parking lot, I was unsure if I was at the right place. I became nervous as I approached the group of people to ask where the AA meeting was held. The nervousness began to fade as the woman who showed me where the meeting was held introduced herself to me and started to make small talk. She was very kind. When the woman who was running the meeting asked if there were visitors that wanted to introduce themselves, I got shy and nervous again. Each time I was offered coffee, I couldn't help but think how kind everyone was. Once I heard everyone else speak and how encouraging, supportive, and positive everyone was, I had built up some confidence and was able to speak without fear of judgement when it was my turn. I explained that I was there to learn from everyone, experience what an AA meeting was like, and that I was glad everyone was there. When we stood in the circle and said the Lord's Prayer, I had tears in my eyes because I felt like I could feel the presence of God with every person there. It was a beautiful thing to be a part of. I felt that all the people who have been through hard times, continue to trust and have faith in God.</p>	<p>Step 5 Conclusion</p> <p>This event has taught me that people are never alone. There is always someone with a similar problem, but with different life stories. I also learned that some people struggle and have struggled with alcoholism or addiction in silence and/or alone. I also have learned that people really do find support in an AA meeting. I am not an alcoholic and everyone there was still so supportive of why I was there and how I am a student nurse. In addition, I learned from some of the members that AA meetings are an escape and distraction from the world.</p>
<p>Step 3 Evaluation</p> <p>The AA meeting went well. There were no problems. Everyone was very kind, supportive, encouraging, and had great attitudes. I did not expect the meeting to be how it was. I did not know what to expect from an AA meeting. A good thing about the meeting is how everyone was so supportive. One woman who was speaking began to cry and immediately the woman that was sitting next to her started to rub the crying woman's arm. Another good thing is that everyone was able to speak about what was on their mind and how they were feeling.</p>	<p>Step 6 Action Plan</p> <p>Overall, the AA meeting was a great learning experience. It gave me a brief, inside look at what people with alcoholism and addiction have been through and continue to go through. It was reassuring that there is a safe place where people with alcoholism and addiction can go. In my future nursing practice, I will be sure to encourage my patients with alcoholism or addiction to go to AA meetings because of how beneficial the meetings are. I will also be sure to ask about situations that may interfere with going to appointments like transportation and financial conditions.</p>

