



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>

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>My classmate and I arrived at the meeting a little early and when we went inside, they immediately asked if we were nursing students. One guy joked with us about deadlines and said it must be student nurse week. He then offered us coffee and water. We made our way to the meeting room and silenced our cell phones. I observed everyone interacting with each other and joking around until it was time to start. They began and one person lead the meeting by giving everyone a job to do a set the topic because no one had anything specific that they needed to talk about. After going through all of their reading from the big book and praying they began to go around the room and share. Each person shared how a higher power and faith had helped them in their journey. After everyone spoke the meeting was over, and we thanked them for letting us sit in on the meeting.</p>	<p><b>Step 4 Analysis</b></p> <p>I don't know if they would call it this there or even if they know that they were all doing it, but everyone was engaged in active listening. Before the meeting started everyone put their phones on silent and then looked at the person who was speaking. This made the environment feel very therapeutic because whoever was speaking felt like they were being heard. I think the impact this had on me was to show me how important active listening can be.</p>
<p><b>Step 2 Feelings</b></p> <p>I was a little nervous at first because I was afraid I would feel like an intruder. However, everyone there was very nice and joked with us before they started. When I was listening, I went through a lot of emotions because their stories were sad but ended happy. I enjoyed listening to everyone talk about their journey and how their spiritual faith helped them to heal. Overall, this experience was very enjoyable and showed me that anyone can be affected by addiction.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion I have seen how important it is to have a support system and to have someone who can relate to you when you are having a bad day. There was one person there who had just lost a loved one that they were close to and they discussed how important the group was to them. They talked about how instead of turning to alcohol or other substances like they would have before, they went to a meeting. Another thing that I enjoyed hearing about while I was there was how they all said the lows when they were using alcohol or other substance was a lot lower than the lows they experience now that they are sober.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about this experience was that everyone was very open and inviting. I enjoyed that everyone was so polite and kind toward one another. They all listened to one another and didn't interrupt or crosstalk when the other person was talking. I had no idea what to expect when going to this meeting but I can see how this would help with staying sober. They have created a support system with people who understand what they are going through.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I really enjoyed going to the AA meeting. I was able to listen and learn how important it is to have a support system. I learned that many of them didn't have a support system or had people in their lives that helped to feed their addiction. When they finally decided to get clean they found a support system through AA and started making healthy relationships. I hope that this will help me to better understand patients and realize that there is probably a story behind their troubles.</p>