



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>

# Covenant School of Nursing Reflective

Student Name: Ashlee Guzman

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>I attended an alcohol anonymous meeting on October 14<sup>th</sup>, 2021, a Thursday morning at 6:30 am. This meeting was at Southwest group on 66<sup>th</sup> st 2323, Lubbock, Texas. This is where members take turns sharing their own experience on a certain topic which was alcoholism. I went to the meeting to have a better understanding of what goes on during those meetings. It was my first time ever attending an alcoholic anonymous meeting. I introduced myself as a nursing student and everyone was very welcoming. The result of this event was very impacting to me because they all expressed their feelings and concerns. It was very interesting to see how they all have been struggling with alcohol and are now sober. Some have been sobered for many months even up to 20 years. This meeting was very helpful to see in person how others do their best to maintain a healthy lifestyle without drinking alcohol.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply this situation from previous research and knowledge that this is a self-help group. They help each other and give support to one another about their alcoholism. This helps them a lot with their self-esteem and staying sober. I can sense there is a lot of support, teamwork, and faith in themselves. They all communicate well like if they were family. There experiences differed but they all had in common the drinking problem they all suffered. They all had problems with either friends or family members. They all had different impacts but most of the gentleman stopped drinking for their family. They knew it was wrong to be drinking all day and were in denial to accept the fact they were suffering from alcoholism.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was feeling very nervous because I didn't know what to expect in the meeting. I was feeling scared as well because it was very dark in the morning and there wasn't very much light in the parking lot. At that time, I was feeling ready to get out the car to see what was inside the building. The event made me feel calm, peaceful, and generous for what we have in life. The words of the gentlemen made me think how we should be thankful for having a family and a place to stay overnight. I feel that the final outcome had a successful turn out because I learned so much that I never knew about these meetings. The most important feeling I have about this incident is feeling rejoicing and peaceful. I wasn't feeling tired or sleepy at all during their meeting. This was an important feeling to me because I feel happy for these men changing for their families and their own healthy well-being.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made it better by maybe sharing more experiences that my family has with alcoholism. I could have opened more to them about what situation they went through. I think maybe others could have made it better by opening as well and be more confident. I could have maybe started talking more about my family issues and how they coped with alcoholism. I learned a lot from this event that was very helpful to see in person how these meetings take place. They are very positive and determined to stay sober for a long time. That demonstrates great help from each other and makes me see that there is hope in them. This event made me realize that these self-help groups are very useful and helps them out so much. I feel that we shouldn't take life for granted but be thankful for what we have. They are close to God, and they feel more thankful to being able to stop drinking.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about the event was that it makes us better understand their point of view. It's a great learning experience over all because we get to know them better. This wasn't difficult experience just a little easier than I thought it would be. I think the communication went well with the other gentlemen. They spoke a lot about their past with a lot of confidence. They weren't scared to be judged at all. I think I did well in listening to the gentlemen because I was paying attention to what they were saying the whole time. I really enjoyed the meeting; it was great being able to listen to what they have to say about their journey of not drinking anymore. I contributed by introducing my name and saying the reason I was there for.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall these self-help groups are very helpful towards them. It lets them talk about what happened in the past and be able to cope now to not drink at all. They can express themselves before their day starts off. They feel less overwhelmed and much happier. This has taught me that we can find anyone in our field who is an alcoholic or has an addiction. I can see that they want to change and be sober for a long time for their family. I can tell by the way they express themselves. When we have a patient with either one, we need to help them and find resources quickly to get them the help they need to progress. We can encounter any day a patient like this and our job as a nurse is to be their advocate. We need to support them and get the help they need. I will use this in my future to get my patient in to a self-help group to get them started with the help they need to overcome either addiction or alcohol.</p>