



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: Hunter Thompson

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>At the AA meeting I attended, I went to the South Plains group. Entering the facility, I was nervous about how the attendees would react to me being there, however when I walked into the room, I was welcomed even without me being an Alcoholic. The people there were very nice and were almost excited to get involved and be able to tell their stories and how "The Twelve Rights" were helping them cope with becoming sober.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply some knowledge pertaining to this topic due to the fact that I personally have an uncle who is a recovering alcoholic. This helps me understand their struggles because I have seen the challenges faced by an alcoholic most all of my whole life. This was a great event because I believe that the fact that they were all alcoholics makes them relate to one another almost better than if it were just a nurse trying to teach or help them. This is evident when you listen to how they have all lied to themselves and manipulated themselves into doing the wrong thing even when knowing they are making the wrong choices. It was just interesting being able to deeply understand the challenges they go through on a daily basis more than I ever have.</p>
<p><b>Step 2 Feelings</b></p> <p>During the meeting/discussions that took place, it mostly revolved around the Alcoholics Anonymous Book that they read little bits of each week, so that they could describe how each chapter reflected on their life events. Listening to each person talking about how they were able to experience a spiritual awakening from different events in their lives was very eye opening. I truly felt that these types of people were able to describe the characteristics and behaviors of alcoholics as well as hypocritical behaviors that they alcoholics experience on a daily basis, for example: lying to themselves to make excuses for their abusive behavior. This was a great experience and helped me realize what these people go through and how their feelings reflected their actions and overall gave me a better picture of Alcoholics and their feelings.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, I did learn a lot from the event. I now better understand the challenges faced by alcoholics and drug addicts from them speaking out firsthand and it really gave me a greater picture on how hard one can struggle when they are deeply addicted and gave me a better idea of how true addiction works. I would attend another meeting and I would like to understand their challenges even further and possibly help others in need that may haven't experienced AA or the type of help it can provide.</p>
<p><b>Step 3 Evaluation</b></p> <p>Good things that came from this event was that there are people there to help individuals with whatever addiction that a person may suffer from, not just alcoholism. These people actually seemed happy and eager to get sober and that was awesome to see, they showed up even though nobody was forcing them to and were open to talking about what they are struggling from in order to change outcomes in their lives. The individuals of the group went from person to person discussing different life stressors and obstacles that they each face and the ways that they overcome them as well as each discussing best ways to approach their challenges.</p>	<p><b>Step 6 Action Plan</b></p> <p>In hindsight, I may have inputted some advice that I have received from school or others involved with addiction such as instructors because it may have also helped them. I was kind of nervous with it being my first time, so I mostly watched how the went about the meeting. I would like to use the incite that I obtained from the meeting to spread the advice about addiction. I like to help people and I think that anyone can change like I watched my uncle change, I will always remember this event and thought it was a great experience and think more people should be knowledgeable on addiction.</p>