

Covenant School of Nursing Reflective



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?
<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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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>Step 1 Description</p> <p>This clinical week I was assigned to The Ranch at Dove Tree. When I arrived, I was given a tour of the facility and a schedule for the day's activities. My peer and I attended everything on the schedule that was within our scheduled time frame. There were even a few instances where the clients asked for our participation during group therapy sessions. During our breaks we would walk the facility and get to know a few of the clients.</p>	<p>Step 4 Analysis</p> <p>I wish I was able to bring more information and insight to the group, but they were actually the ones that educated me! I was taught that the "Big Book," is the Alcoholic Anonymous book. Also, many clients would reference the twelve steps to recovery during their sessions, and how well it helps them with their recovery process. Most clients shared the same experiences with their addiction, but what was different is how they made it out in the real world after their treatment was over. There were a few clients there that had been to treatment several times, and that was their failure, they did not know how to cope with their addiction after they left the security of the treatment facility.</p> <p>I feel like this situation for anyone would have corrected any stereotypes, or preconceived notions about who an alcoholic is, would have disappeared after this experience.</p>
<p>Step 2 Feelings</p> <p>This was my first time going to an inpatient treatment facility. I was nervous at first about being around the clients, not because of their addiction or past, but because I didn't know how they would feel about students observing their treatments. Another feeling I had was surprise, surprise related to the diverse population of clients at the facility. These clients were your average people that you would see at the grocery store and never imagine being at a rehab facility. I also felt empathy for the clients because everyone became emotional when it was their time to share. I wanted to be able to relate to them somehow, but their issues made mine seem miniscule.</p>	<p>Step 5 Conclusion</p> <p>One thing I wish I would have done better is interact with the clients more. I like to know the back story about how people became addicts and what caused them to end up in a treatment facility. With this information I probably would have been able to make more sense out of their stories during the sharing process.</p> <p>Another thing, I should have inquired to the staff more about how the facility works. Do most of the clients have insurance? Do the clients choose their length of stay, and what is that thing that everyone is wearing on the wrist or ankle?</p> <p>To me the most important thing that I have learned from this experience is that you cannot judge a book by it's cover. These clients are ordinary people just looking for help.</p>
<p>Step 3 Evaluation</p> <p>The clients seemed to appreciate their time at the facility and invested in their sessions with their peers and counselors. There were little distractions because no one could have their phone, and most of the clients were open about sharing their struggles with their addiction. I don't know all the rules of the facility, but they did allow smoking and vaping. This did not bother me, but it was unexpected, especially when they allowed vaping inside the buildings.</p> <p>I did well participating and trying to engage with the clients. We split up into groups during a session and I gave them some information for their project. They also had a health and wellness class, and I did all the exercises with the clients. I kind of felt like I was a kid again at summer camp.</p>	<p>Step 6 Action Plan</p> <p>I have had some alcohol use disorder patients at the hospital before, so this experience has better prepared me for my future patients that are suffering from addiction.</p> <p>I also hope to help my mom with her addiction. I was given some tools during our time, so maybe these will help my mom realize that she cannot fight this disease alone. That was another thing that most of the clients shared, was that they did not have the support system they hoped for outside of the facility, which in turn caused them to relapse. This is another tool that I can use in my practice, to educate addicts that they need to find a support system to have the best chance at success.</p>