

Covenant School of Nursing Reflective Practice



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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, with relevant details. <u>Remember to 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' perspectives?
<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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Instructional Module: IM6 Date submitted: 03/02/2022

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>This week I got the opportunity to go to Dove Tree and it went very well. I learned a lot of different things I never knew. The people at the ranch were very friendly and willing to give their all to get better for themselves and their loved ones. There was a little incident where some of them got upset with one another but it was resolved. We got the opportunity to follow the patients around and see what a day in their life consisted of. I thought we were going to be able to be with the nurses but we didn't. I still had a very good experience and I am grateful for it. I learned some interesting things about how addiction is a disease.</p>	<p>Step 4 Analysis</p> <p>From previous knowledge from my AA experience, I knew what to expect in the book studies and which direction it went. A lot of the patients had similar situations that resulted in their addictions. All of them were there to get help regardless if it was their first or 10th time there. It is said that an addict can not get over their addiction on their own and they do need to receive help to properly do it. They put them on medication to help them go through their detox but to them it feels like it isn't doing anything because they have such a high tolerance to the addiction they have. If they were to give them the amount to match the addiction, they would overdose.</p>
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<p>Step 2 Feelings</p> <p>In the beginning, I was nervous because I did not know what to expect and how everyone was going to act. I was thinking that they were going to be in a bad mood because they were coming off of their addiction. They were very nice and made me feel comfortable. I enjoyed getting the opportunity to hear some of their stories during support groups. I liked how they had to describe an emotion that triggers them and why. It was amazing how they supported one another through their journeys there. By the end of my experience at Dove Tree, I was happy for everyone there taking a step forward in their lives to be who they truly are without their addiction.</p>	<p>Step 5 Conclusion</p> <p>I could have made my experience at Dove Tree better by being more open. I wanted to be more interactive with everyone but I was unsure if I could ask them personal questions. I also had questions during certain groups but I did not want to take their time away to talk about what they needed to. I did talk to the staff after and found out some interesting things. They do not use the words “good, fine, okay..etc.” because those words can mean anything and they want them to truly describe how they are feeling in depth. They want the patients to feel real emotions instead of being numb or holding them in. The staff could have made it better for us if they would have let us participate more in some activities. I learned that addiction does not discriminate regardless of race, age, or sex.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this experience is that I learned a lot about what an addiction really is. Addiction can be genetic . Those who do not fall into it are called “hard rock” and those that do are called “soft rock”. It can skip generations and it lays dormant in the body. I still do not fully understand how that works but I would love to learn more about it if possible. The only bad thing is when a patient got mad at another one and wanted to “knock her out.” Also when a man was being disrespectful to a speaker and ended up walking out. I noticed a lot of the patients had a big trauma that impacted them to start drinking. I feel as if the staff members worked very well with everyone and made them all feel as if they were all truly cared for.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel that my experience went great. I can draw from my experience that sometimes it is hard for people to face the biggest obstacle in their life without support. If I had the opportunity to have another experience at Dove Tree, I would be more involved and ask more questions. I would want to stay there the entire day to get the full experience and see how the program works. This experience taught me that I am stronger than I think I am. We did a group activity and got to speak about what we were grateful for and I would just like the share that with you. I am grateful for the opportunities that Covenant School Nursing gives us to better our education. I am grateful for all the people in my life that have either been a blessing or taught me something I needed to learn. I am grateful for everything God has thrown at me positive and negative because it has made me the person I am today. This experience has prepared me for similar encounters I might face later down the road in my nursing career.</p>