

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

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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>While at an AA meeting I recently attended in my hometown, I experienced a very emotional encounter. The group was sharing their feedback on a book we had just read, and a member shared a very personal experience he had that led up to him becoming an alcoholic and how it changed his life for the worst. He was eighteen when his father passed away. When his father died, he went into a deep depression and turned to alcohol and drugs to cope with all of his problems. He went many years before he realized the kind of life he had been living. One night, he said he came to a realization and just started crying asking God to help him because he did not think he could handle it anymore. He finally reached out and found the support group he is currently in now and has been sober for almost 2 years.</p>	<p>Step 4 Analysis</p> <p>I have always seen these type of support groups in movies but never in real life. I have always known them to be for people with just a drinking problem, but I found out it can also be for people with any type of addiction problem. The group I had attended was an AA support group, but they allowed people who also had other addiction problems attend. They have a 24-hour coin they pass around and pray on for people who are deciding to become sober. Most of the members all had some type of childhood trauma that led them to their addiction. I did learn from another group that addiction can be genetic, but I did not ask any of them if they had family who also had an addiction because I felt as if that was too personal.</p>
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<p>Step 2 Feelings</p> <p>While he was telling us his story, I got very emotional thinking about how something like an addiction can change someone's entire life around completely. I kept thinking about someone in my life that I know has a drinking problem. I was being brought to tears because I did not want him to go down this path. Everyone in the group had their heads down the entire time someone was talking. I did not understand why but I just kept eye contact with the man speaking because I thought it was the right thing to do. The man came to tears while telling his story which made me want to just hug him. At the end of his story, I was happy for him because he had overcome the biggest thing that was holding him back in life.</p>	<p>Step 5 Conclusion</p> <p>I could have made my experience at this AA support group by asking more questions to better understand some of the things said. I could have talked a lot more and been more involved, but I felt as if it was their personal time to talk about how they were feeling. I learned that everyone copes with things different whether it be the addiction or becoming sober. One of the members told me she did not smoke before getting sober, but that now it helped her stay on track. I also learned that someone cannot get over an addiction until they truly want to change for themselves and not just because their family wants them to. Their mind cares about nothing but feeding the addiction when they are so far in. They begin to forget about the important things in their lives like their family, job and most importantly themselves.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that everyone was very friendly and welcoming to anyone who had</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel like I had a wonderful experience. I had a good time getting to know the people there and</p>

needed or wanted to join their group. When I first got there, I did not know it was a closed meeting and I had told them I could leave but they had insisted that I stay. The only bad thing about this event for me would have to be the smoking. It was very easy to talk to all of them and they made me feel comfortable asking questions and just being there. I read a book with them and that helped me get a feel of how things went during a meeting. Everyone was very patient and supportive of others.

hearing their stories of how their addiction made them and to hear how far they have come. I can now use to knowledge I learned from this support group to help me with my future patients that might have similar problems. I learned that people with addiction do not want advice from someone who has never been in their shoes, which is completely understandable. This experience taught me that I need to take the time to better understand the concept of what addiction really is. I want to be able to help my patients down the road in my nursing career the proper way and to do so I need to figure out how I can make them feel understood.

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