

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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Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Miguel Alegre

Instructional Module: 6

Date submitted: 03/06/2022

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> <ul style="list-style-type: none"> - In the day the day I went for an AA meeting, it was located downtown, at Main St. There were 8 people including me at the meeting. The people who were there were former alcoholics, and the others were trying to get off with their drinking habits. They were welcoming and friendly, and they also had read one of their passages of the day. I also shared my past experiences about my drinking habits, it felt good to have some of that stuff out of me. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> - Other people's experiences were somewhat similar to what I have been through back when I was at my teen years. I was drinking to stop my depression, because I thought that drinking, as I can see with other people, makes them happy and having a good time with their friends. At least 2 other people in the meeting told the group the same thing. There was also a person that I could relate to, their fear was "self-sabotage" as what he told the group. And I can relate to that, though it might sound extreme and unlike of me, the process he described was somewhat similar to what I have experienced before.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> - At the beginning, I felt nervous, thinking that they would not take me seriously because I am just a 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> - I have learned in this event, that this AA meeting is a good place for people who are suffering with

<p>nursing student who just wants to listen to their misery. I literally felt those emotions and what if's as soon as I stepped out of the car going in the building. But I was wrong. I felt welcome and friendliness all over the room, no judgements whatsoever. They said their names casually before the meeting starts, and I thought that this isn't anonymous anymore because they know each other. But the overall experience, I feel good about everything in that place.</p>	<p>alcoholism There were no judgements, no backstabbing, no fear in sharing personal lives. It is a good place to get something of your chest and learn from other people's struggles and how to they managed to change it.</p>
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> - The good thing about the experience were the people. How they respect one another, how they listen and relate to everything they've been through when it came to their addiction and their struggles to stop. One thing that was also good in this experience, was that I was able to share my struggles to stop and my thoughts about drinking. It is good to get things out of my chest for some time. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> - With the overall situation, I think that more people should be coming to these meetings and learn from these people. I think that people who are just casual drinkers or drinking for 'fun-sies' should be hearing from these people who are struggling to get off. They should listen to their stories and learn from it. Before you know it, you are singing the Drinkin' Problem song by Midland.

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IMAGE ATTACHED BELOW 😊

PMH CSON Student Community Site Verification Form

Instructional Module: IM 6

Student Name: Miguel Alegre

Instructor Contact Information:

Jeremy Ellis - Cell (806) 470-6687 or Office (806)725-8940
Annie Harrison - Cell (806) 224-3078 or Office (806) 725-8923

Community Site: Central Group AA **Date:** 3-5-22

Student's Arrival Time: 7:30am **Departure Time:** 8:30am

Printed Name of Staff: Sharma Moriarty **Signature:** Sharma Moriarty

Community Site: _____ **Date:** _____

Student's Arrival Time: _____ **Departure Time:** _____

Printed Name of Staff: _____ **Signature:** _____

Community Site: _____ **Date:** _____

Student's Arrival Time: _____ **Departure Time:** _____

Printed Name of Staff: _____ **Signature:** _____

Community Site: _____ **Date:** _____

Student's Arrival Time: _____ **Departure Time:** _____

Printed Name of Staff: _____ **Signature:** _____

Community Site: _____ **Date:** _____

Student's Arrival Time: _____ **Departure Time:** _____

Printed Name of Staff: _____ **Signature:** _____