

## 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><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>

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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><b>Step 1 Description</b></p> <p>Today my peer and I attended the local Alcoholics Anonymous meeting at the Hub of The Plains. When we arrived, we were greeted by a member at the front door, who showed us around and directed us to the meeting area. The meeting was informal because the members were discussing who was going to lead the meeting. After the leadership role was assigned, the meeting began. The meeting opened with a moment of silence and the leader read a scripture out of a book.</p>	<p><b>Step 4 Analysis</b></p> <p>I am not too familiar with the twelve-step process that the program uses, but all the members seemed to believe it is very effective in their recovery. There is a religious background to the program that I think several of the members were lacking while they were using substances. Most of the members would read scripture when it was their turn to talk, and a majority of the members knew their exact dry date. Another observation I made was that you could tell which members were invested in the program and which ones were just there because they had to show up. From what I gathered during my meeting is that many of the members start off not taking the program seriously and then convert along the way. The group all in all was very supportive of one another and offered their support to everyone.</p>
<p><b>Step 2 Feelings</b></p> <p>I was a little nervous at first because I knew we would probably be the only students there. We actually ended up with four students in total, not realizing that we all picked the same meeting. It was a little awkward because the leader went around the room asking everyone to share their story and I felt like I didn't have much to contribute or relate too. I didn't want the other members to feel like we were just students without any issues, so I brought up my alcoholic mother. Everyone else shared their experiences while we listened.</p>	<p><b>Step 5 Conclusion</b></p> <p>I'm not sure how I could have made the situation better, because I do not share the same experiences, but I offered words of encouragement. There were a couple of members there that were only there to support another member. This position interested me because now I know that I can come just to offer support even if I'm not there as an alcoholic. The irony of the whole situation was that 95% of the members were smokers. My mom would have fit in perfectly.</p>
<p><b>Step 3 Evaluation</b></p> <p>Most of the members were open about their disorder and readily shared their life story. Others stated that they were court ordered to be there and did not share their story. You could tell which members were true members and really wanted to be apart of the program. The successful ones swore by the twelve-step program and encouraged other members to practice it. I was surprised with the number of members there that openly shared their life changing events with everyone due to their substance use disorder. Most of them were unable to hold a job, or lost their job, and now they are working at whatever company will take them. A lot of the members do odd jobs for income because their disorder affected them from keeping a steady job.</p>	<p><b>Step 6 Action Plan</b></p> <p>What I have learned about this experience is that the member must want to change. Everyone that told their story started off with not taking the process seriously, then they had an eye-opening event that made them follow through with the program, and eventually end their substance use. If the member does not take the program seriously then they will not be successful, like the members that are just showing up to have a piece of paper signed. I have had some patients in the hospital that were detoxifying from alcohol, now I feel better prepared to educate them on this program. The emphasis that I will make to my patients, and my mom, is that you must want to heal yourself, and that you can't do it alone.</p>