

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 week at Dove Tree was extremely eye opening, but also very fun. I loved how they not only had very serious meetings that allowed vulnerability, but also fun activities that involved all the members. The organization of the whole day made following along very easy. I also love how the location feels very safe and has all necessary things to make the members feel comfortable. I made sure to participate where I could and take in as much knowledge as possible throughout the day.</p>	<p>Step 4 Analysis</p> <p>I knew that rehab involved secluding yourself from the “real world” and working through the recovery process, but I didn’t realize how hands on and how fun it could be for some of the members. I saw more smiles and laughs from the members more than I saw anger and frowns. Any time I have thought of rehab, for some reason I just picture resistance from the members and lots of frowns or flat affects, but it was quite the opposite, which was refreshing to see. Although I know every day in the facility may not be the same, but as for my experience on the day I went, it seemed to provide immense smiles and happiness. The support and friendships that was shown between members was also something that I was glad to see.</p>
<p>Step 2 Feelings</p> <p>In the beginning I was a little nervous knowing the nurse wasn’t going to be with us the whole time, but the layout and organization of the day made it simple to be involved without following the nurse around. The members were also very kind and welcoming which helped ease a lot of nerves. I felt open to the whole experience and willing to learn about real life experiences that come with addiction. Not once did I feel like I wasn’t safe or welcomed by anyone at Dove Tree. I honestly feel as though this would be somewhere I would like to work one day in the future.</p>	<p>Step 5 Conclusion</p> <p>I could have made the experience more impactful by taking the time to sit individually with different members and having conversations with them. My partner and I did participate in the therapies, but we stayed with the same member pretty much the whole time. I know I would have gotten more out of the situation if I heard different stories and got more personable with as many members as I could. Regardless, I am thankful for how welcoming they all were and how kind they were to both my partner and me. I learned several things, but the main being to never judge a book by its cover.</p>
<p>Step 3 Evaluation</p> <p>The experience overall was amazing and allowed me to gain a lot of knowledge. The whole process that the members were involved in seemed to impact them in more ways than not. Even activities such as blind volleyball proved to improve their communication and trust in not only themselves, but in their teammates as well, which is a lesson that can be taken out of the facility when they are discharged. I evaluated the different therapies and took the time to be involved and learn the impact that each individual therapy made on the members. But not only did the therapies impact the members, but also myself as I was engaging.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience was extremely eye opening and shed a light on the reality of addiction. I learned to never take anything for granted and to learn to give people grace, because you never know what someone is battling. These lessons I learned will stay with me as I go out into the rest of my nursing journey and as I interact with patients in the future. Showing compassion and acceptance for everyone, despite what they may be battling or have done in the past is something that was a huge take away from my experience. In hindsight, I will let go of my past stigma about addicts and continue to be more welcoming and loving towards everyone I encounter in my nursing journey.</p>