

## 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><b>Step 1 Description</b> 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"> <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' perspectives?</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> <p>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>	<p><b>Step 6 Action Plan</b></p> <p>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?</p>
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Adopted: August 2016

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Name: \_\_\_\_\_ Instructional Module: \_\_\_\_\_ Date submitted: \_\_\_\_\_

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

<p><b>Step 1 Description</b></p> <p>I have never been to or know anyone who has gone to a AA meeting before. I am not going to lie I was kind of scared to go. After going I can say I am so ashamed of myself for even feeling nervous in the first place. It was a wonderful experience. I actually want to go just to be in that environment made me feel better even if I was not there for the same reasons that everyone else was there for. It was nice to hear their stories and I loved how open they were and honest they were with each other. I honestly did not he how I would fit in or what I would even say. I was worried that they might think I was judging them when I was just interested in what they had to say. I really did not share anything in the meeting because I honestly had nothing on my chest but I did acknowledge how happy I was to be there and how I loved the environment. We meditated for the first twenty minutes of the which was interesting too because I have never been to any type of meditation. I found it interesting that I could not clear my mind no matter how hard I tried to just listen to the music my brain just would not turn off. I felt good knowing I was not the only one who felt that way they all admitted to not being able to keep their mind clear but that they do believe meditation helps them kind of try to calm down and slow down. Overall, I want to go back and what I thought it was going to like was nothing to what it was and happy to say I was wrong.</p>	<p><b>Step 4 Analysis</b></p> <p>We need to make a change to the stigma around AA meetings. We seem to make it a negative thing. It should be a celebrated thing because they are trying to do better they are not getting together to do drugs and drink but, somehow that's what people act like when they hear someone say they are going to a AA meeting. I actually had a conversation with a lady there who told me no one she knows knows she comes to the meeting because they would give her the looks like something was wrong with her. She felt ashamed and an outsider but when she came to the meeting she felt like she belonged and she could let everything she was feeling out. My fellow classmates have shared with me that she had a wonderful experience she got something she needed from the meeting and it was understanding. She was struggling with understanding why this happens to them and why cause she could not see herself allowing it to happen to her. She got a close up and personal answer to it and she wants to go back to and I love that she was able to get some sort of closure she needed from her past.</p>
<p><b>Step 2 Feelings</b></p>	<p><b>Step 5 Conclusion</b></p>

The meeting in general gave me anxiety because I've always have had a fear of people drinking or doing drugs. I have seen people at those times and they were scary people so I felt like I was trapping myself in a room full of people who were either like that or really mad because they want to be high or drunk. It was not like that yes we had one person in there admit that they had spent all day getting high and just forced themselves to come. Most of them had been sober for years and just loved to be there for new comers or just knew this was part of what helps them stay on track. After I got there and heard them pray and open up and just saw how being there made them proud of themselves. That made me so happy for them that they were filling their own cups up and I got to witness it. I love how even when one said they had fallen off no one made them feel bad about it they just say they were here and they are happy he came. I never really understood what these meeting did for them but being there I could feel it and I think everyone even if they are not a addict should go to one to better understand not only the people who are there for help but to understand their own feeling toward these people who just want to be understood and not judged for something they are trying to get help for.

I honestly wished I had been more vocal. Even if my story was not the same as there's . They were all different but mine was still a story I could have shared. We all go through hard times in our lives. No one ever does not have at least one time of anxiety or stress in their life. I think I would have gotten so much more out of it if I would have been more of a participant than a observer. I honestly was just nervous and could not get myself to talk. Than I was just interested in their stories. I know next time though because I have decided to go back one day and not just observe but to participate because it honestly was very therapeutic just to be there in that environment. I honestly wish it was longer because it went by so fast and I wanted to hear more.

### Step 3 Evaluation

There was one man who really got to me. He had been clean for a while now and he felt like it was time for him to end his time at the meetings. He said he had knew for awhile that he did not need to come but he wanted to come cause it made him feel better to show other that if he could do it they could do. He said he went from losing everything to regaining everything. He enjoyed the fact that he found things that he could do that he would not have been able to years ago. He enjoys being busy he like to go paint houses, mow yards and just find jobs to do. He said coming to the meeting gave him something to look forward to and somewhere he did not feel like he was judged or given stares at. They were so happy for him and sad at the same time that he would not be attending anymore. He asked me what my dreams were. I told him right now I just want to make it though nursing school cause my dream is to help others and I got to get through this to get there. He told me to never give up on my dream and even if I face obstacles on my journey never forget what my goal is and I will get there.

### Step 6 Action Plan

I honestly think this experience will change my nursing career. It showed me again as I have already learned in this module how just having compassion and letting go of your my own bias. I think that's one of the big things I have learned in both psych and OB is that compassion is the key to a healthy nurse- patient relationship. I also have this resource under belt to share with my patients to let them know. I can actually say yes I went there and it is a wonderful place. It hard to trust someone who says yeah I have heard of this place you should try it. Compared to someone who says no I went there and it was amazing and you would benefit from it. I love that we get these opportunities to go to these places and get our own experiences to share with our patients. I am learning everyday a new way or resource that may be useful in my career later on.

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