

Covenant School of Nursing Reflective Practice

Name: Elizabeth Orosco

Instructional Module: 6

Date submitted: 4-1-2022

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> <p>During spring break, I attended a local AA meeting in Lubbock. At first, I did not know what to expect and the only thing that I had in mind were the AA meetings in movies. In the meeting I was the only nursing student and everyone else were in their 50-70's? There was a total of at least 15 of us that day. I noticed that it was mainly men that attended the meeting. Everyone was so nice and welcoming into the meeting. Everyone in the group went around and introduced themselves and gave a little testimony if they wanted to. I told them I was there to learn and observe during the meeting when it was my turn. The meeting lasted about one hour.</p>	<p>Step 4 Analysis</p> <p>What I can apply is that there is research (ex: Mayo Clinic) stating how support groups help individuals a lot with getting better including learning different coping strategies. Another piece of evidence about support groups comes from the American Journal of Community Psychology with its research behind how much support groups help and improve individual's life's. Support groups also help with being able to share one's own struggles without judgement. I don't think there's any broader issues with this situation that I can see. However, during this AA meeting I heard multiple individuals stating that this close group truly had impacted them in tremendous ways with getting better.</p>
<p>Step 2 Feelings</p> <p>.</p> <p>At the beginning, I was a little nervous because I did not know what to expect or if it was anything like in the movies. Also, I was the only student that went there as well so it was all new to me. As it went on, I really did enjoy how they were like a tight knit family that were there to support each other. It was very interesting hearing everyone's stories and experiences with alcoholism. One thing I was not expecting was for them to kind of have a "bible" like book but for alcoholism. For some reason I was intrigued by that. Overall, it was very nice to know that there are support groups around that can be there to help individuals and I think this will be very helpful for my nursing career to be able to refer patients to.</p>	<p>Step 5 Conclusion</p> <p>I can't think of anything that would have made the situation better? Maybe I should have brought another classmate with me? I also cannot think of anything else that anyone could have done better. I learned that there are great AA support groups out there and that I can refer anyone in the future that is needing that support. Also, with this support group I also learned that there are other support groups out there for multiple things as well. So this experience kind of opened up my eyes to what is available out there.</p>

Covenant School of Nursing Reflective Practice

Name: Elizabeth Orosco

Instructional Module: 6

Date submitted: 4-1-2022

Step 3 Evaluation

What was good about this event was to be able to learn what exactly goes on in this support group. What was very important was to see the support each other has for one another. There was no judgement which was great. I did not see anything that was bad or difficult. I think that what went well is everyone would clap for each other and tell each other positive things after someone would share their story. I was able to contribute by clapping for each individual that was there.

Step 6 Action Plan

I think overall this was a great assignment for this module because it taught us about different resources and support that we can refer any future patients too. What is great is that instead of us "reading" about it, we were actually able to be involved with it and learn it first-hand. With hindsight, I would have probably brought a fellow classmate with me to hear their opinion on how they felt the meeting went. Also, It could have helped the first time jitters of going in and not knowing what to expect. I also think that this experience could help with how to be supportive of your fellow co workers as well.

Prehospitalresearch.eu – licensed by CC 4.0

Adopted: August 2016