

# Covenant School of Nursing Reflective Practice

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<p><b>Step 1 Description</b></p> <p>Attending the Lubbock AA Group, I was extremely nervous as I entered the building. I was afraid of looking like an outcast because of how I dressed that evening. Before the meeting, the group had a dinner organized at the facility before the pinning ceremony. I did not realize; I was attending the night of the individuals' biggest accomplishment. I observed the crowd throughout the night, and there was no judgment to be seen anywhere. There were high school and college kids, parents, and even grandparents. Some of the grandparents were there for support, and some were members. The amount of love and joy that filled the room was extraordinary. It was a successful night overall.</p>	<p><b>Step 4 Analysis</b></p> <p>Thinking about the experience, I kept relating to our textbook needed for Module six. The book is <i>Essentials of psychiatric mental health</i>. As I was reviewing the material, something just clicked. I went back to our first PowerPoint over current theories, and the first slide was about stigma. I began to further my knowledge by concluding that stigma is not strictly related to psychiatric/mental illness. The fact that I had that motive is unbelievable. However, the experience that I had does prove negative stereotype is everywhere. Even when you do not think you have it. The most important thing to remember as a nurse is in the comment section of the PowerPoint of current theories one. "A patient, person, is first and foremost a human being and not the diagnosis, alcoholic. The following sentence will stick with me for the rest of my life.</p>
<p><b>Step 2 Feelings</b></p> <p>When I saw the first member, I thought they would wonder why someone like me would be joining this kind of group. I felt like I was not going to belong. The individual greeted me with such grace and talked to me like they had known me for years. They even offered to get me a plate, which I kindly declined, and they still did not ask me why I was there. After I was able to feel comfortable and hear the successful stories, I felt disappointed with myself. I do not know why I assumed that someone like myself would not be there. Every person in that room looked just like me—a member of society. I respect anyone who wants to better themselves, but I felt like I disrespected the group with my own opinion. I felt guilty for my feelings because I had the stigma that everyone else has. The most successful person in Lubbock was in that room that night. I was able to see something firsthand and that changed my perspective quickly. This experience was an eye-opener, and I am so thankful for it.</p>	<p><b>Step 5 Conclusion</b></p> <p>During nursing school, I have learned an abundant amount of material. Before attending the AA meeting, I should have realized that the little things matter. One word, a sentence, or a piece of information that was not fully discussed in lecture can be so helpful. Reflecting on my thoughts I had before the meeting, I should of took the first slide about stigma more seriously. This would have changed my feelings before walking into the doors of the building. I would have not had so much anxiety and instead I would have had more of an open mind. I learned that assumptions should not be made until you see the actual situation.</p>
<p><b>Step 3 Evaluation</b></p>	<p><b>Step 6 Action Plan</b></p>

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In the beginning, it was difficult for me to enter those doors, but I am so glad I did. I was able to hear about the many success stories. They were about how each member is staying sober. The one that stuck out to me the most was an older lady that was receiving her sixty-year sobriety pin. She has not had a sip of alcohol in six decades. That absolutely blows my mind. She is the foundation of the group and has changed so many lives. Her contribution to other members and dedication to stop drinking has impacted Lubbock as a whole. Including myself. She proved that anything is possible and changed my overall demeanor about AA.

The whole hour that was spent at the AA meeting has changed the entire outlook of my nursing career. I am now aware that I should be more understanding and not making my own acquisitions. The bigger picture is critical than only gathering what you think you need. The meaning of this is when you assume, you may only gather data that has not filled the gaps. This can change the direction of the patients care in a bad way or harm a patient. A clear mind set can fill in the gaps with the appropriate information. This can be beneficial to our patients and decrease the stigma in the profession. This would improve healthcare throughout the country. I am glad I can correct my actions and learn from my mistakes.