

## 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> <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>

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> This week on Tuesday I went to Dove Tree. I had one classmate with me and we got to be there from 8 am to 4 pm. We were there to observe and participate in the activities that the members do there on a daily basis. I got to sit in on an AA meeting, group therapy, and some informative classes the members attend. I did not shadow the nurse there which surprised me. I got to just do what the members did and I really enjoyed that more than sitting in the nurse's office.</p>	<p><b>Step 4 Analysis</b> Comparing this experience to something similar would be the AA meeting I attended last week. I feel like I used my previously learned communication skills to interact well with the members at Dove Tree. I think everyone there had the same end goal, but definitely experienced getting to that goal differently. Mostly everyone there was very positive about being in rehab and getting sober. I learned so much from this experience and from all the people there. The members use the word "HOW" when doing group discussions and it stands for honesty, openness, and willingness to learn.</p>
<p><b>Step 2 Feelings</b> At first, I had no idea what to expect or what I was really doing there. I was intimidated by all of the members at the beginning because they did not look very friendly to be honest. The place was very comforting and welcoming once I got in there though. I was not sure what Dove Tree was actually for, but then I learned it was basically a rehab home for recovering alcoholics/drug addicts. Once I started to meet the members and get to know them, I actually loved being there.</p>	<p><b>Step 5 Conclusion</b> I really think the whole situation went very well and I enjoyed my time being there. If I had to change one thing about my experience it would be to talk to more of the members. I did talk to some of them and let them share their feelings with me and it was nice. I wish I would have talked to more of them, especially the quiet ones. Other than that, my whole experience there was amazing and I feel like my perspective on addiction is different now.</p>
<p><b>Step 3 Evaluation</b> I think my overall experience at Dove Tree was amazing. I loved being there and hearing everyone's stories. It was encouraging and eye-opening to be there and see a day in their lives. The members were so sweet and things just went so much different than I thought. I participated in all of their activities and there were no problems at all throughout the whole visit. The only thing that was difficult was doing the gym class in my scrubs.</p>	<p><b>Step 6 Action Plan</b> Overall, I loved my experience at Dove Tree and I would go again any day. I made connections with some of the members and learned so many things about them. I will be able to use this experience in the future as a nurse when dealing with patients who have struggled with addiction. I feel like I saw a different side of what being an addict really is and I will use that to better my care for patients in the future. Not only did I learn from the member's actions, I also learned from the Dove Tree facilitators. I watched how they treated the members and their communication skills, which I will also use in the future as a nurse.</p>

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