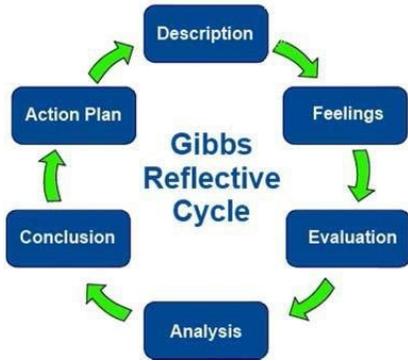


# Covenant School of Nursing Reflective

Dominique Diaz



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><b>Step 1 Description</b> 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"> <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?</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>

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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><b>Step 1 Description</b> I attended an AA meeting at Hub of the Plains. The chairperson and the people attending were very welcoming to us and each other. I read a passage from one of the books that they used and listened to what they had to say. The group gave me a turn to talk, but I just stated my name and that I was there to listen, and they moved on to the next person. At the end of the meeting the chairperson handed out sobriety chips and I congratulated whoever received one. When I was walking out, a person who attended the meeting asked if I had any questions, which I responded with "no but thank you for asking," and told him to have a good rest of his day.</p>	<p><b>Step 4 Analysis</b> The previous knowledge I had about AA meetings was a very small amount. Now I know that, at least for this group, they really rely on AA and are appreciative of everything that it has done for them. It was interesting to see everyone's perspective on how alcohol and/or drugs and becoming sober was and is changing their lives. However, some individuals talked about how difficult it can be to remain sober and how it could be an internal battle every day, hence why they attend AA meetings.</p>
<p><b>Step 2 Feelings</b> When I was walking in, I felt awkward and a bit worried. I was worried that the people attending would be confused on why I was there even though I wasn't an alcoholic. I was also worried that my presence might stop someone from opening up about what they wanted to talk about. However, when I was greeted by everyone before the meeting started and continued with small talk it put my nerves at ease. I was happy the members were speaking throughout the meeting. By the end of it, I felt like it was admirable that they chose to attend the meetings as much as they can, and that each person was trying to do the best they can outside of a meeting.</p>	<p><b>Step 5 Conclusion</b> Hearing people's stories expanded my knowledge on addiction and gave me a better understanding of it. I was able to see how individual's definition of their "low" in life that resulted in them to drink or do drugs varied from person to person. Meaning to say, someone doesn't have to experience a catastrophic event in their life to result in doing those things, but it could be any event that can lead to addiction. This resulted in some individuals hitting "rock bottom" which forced them to become sober, and how the perspective of a "rock bottom" also varied from person to person. I learned how AA meetings is a vital resource for them and all the good that can come out of it.</p>
<p><b>Step 3 Evaluation</b> I wouldn't say anything was difficult about the situation, but if I had to choose, it would be initially walking in just because I was nervous, but everything went well. I think showing up a little early was good because I was able to initiate small talk with some of the members before the meeting started. I also appreciated the chairperson allowing me to read a passage from the book as it allowed me to somewhat contribute to the meeting. I thought cheering for the people who received chips also went well since it's such a big accomplishment. I could have asked the person some questions when he offered to answer if I had any, but I just honestly didn't have any questions, so I hope he didn't feel like I was judging him, or I offended him in any way.</p>	<p><b>Step 6 Action Plan</b> I appreciate being allowed to attend an AA meeting. Learning from this allows me to be more empathetic towards patients who struggle with addiction since I was able to see it with my own eyes. This was more beneficial than learning about it from a textbook. I now have a better understanding of how difficult it could be to become sober and how big of an accomplishment it is when they do become sober or rather seek help in general. When I have a patient who does suffer from addiction, I can better advocate how important attending AA meetings can be now that I have a stronger grasp of what it pertains.</p>