



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>

# Covenant School of Nursing Reflective

Student Name: Rachel Myers

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></p> <p>I went to the alcoholics anonymous meeting at the faith center. I had no idea what to expect but the meeting was much more informal than I expected. I ran into someone there that I knew and it seems like the meetings made a big impact in that person's life. I chose not to share anything while I was there and the people attending the meeting did not pressure me. Everyone there seemed very open and honest with each other and they all were extremely supportive.</p>	<p><b>Step 4 Analysis</b></p> <p>I am glad I was able to go to this meeting and see how AA meetings work because as a nurse, I want to have as many resources as possible for my patients if they need them. Now that I have been to an AA meeting, I will be able to tell the patients that are curious about them how they work and how kind and non-judgmental the people seem to be. I was able to discuss the meeting with the friend of mine that I ran into there and they told me how important these meetings are and how big of an impact they can make. I am considering visiting another meeting so that I will be able to speak to my patients about how several different groups function instead of only knowing about the meeting at the faith center. This was such an enlightening and educational experience.</p>
<p><b>Step 2 Feelings</b></p> <p>I was extremely nervous when I arrived at the meeting but once everyone started talking, I was able to relax. I was fairly worried that someone was going to pressure me to share something but all of the people there were very understanding and a few of the people did not share either. I heard several stories that hit fairly close to home because I have had addiction in my family and the entire meeting was very enlightening. I loved how open everyone was and how they all supported each other no matter how small the victory seemed. By the end of the meeting, I was very glad that I had the opportunity to go and meet the people there and I wish them all nothing but the best in their lives.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think, if I had something to talk about at the meeting, being able to share would have made this situation better for me. Most of the people seemed to be so relieved after they shared their stories with the group. I think the other people at the meeting did their very best to make sure everyone there felt welcome and comfortable. This meeting has taught me so many things but I think, mainly, it has taught me that you cannot look at someone and see what they are going through. Yes, some of the people at the meeting looked like they had been through some hard things but some of the people there looked like the people that go to church with me. You can never tell by looking at someone what kind of person they are or what they have been through and I think more people need to realize that.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event as a whole was great. I could see that sharing with the group was easier for some people than it was for others and I think most of that had to do with how long they had been attending the meetings and how long they had been sober. I did not share but I was not the only person to pass on my turn. Everyone there was extremely nice and supportive and genuinely seemed to want the best for the other people there. I was shocked to see the wide range of ages at this meeting. I think I was expecting mostly middle-aged people but there were people as young as 19 and there were people who were grandparents.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this meeting was an amazing experience. Some of the stories that were shared struck a little closer to home than I was expecting but I was glad to hear that the people I know that have similar struggles can find a community and a support system through meetings like this. I wish I was able to contribute to the meeting but I am glad that I have been fortunate enough that I do not have the same struggles that many of the people there had. I think this experience will greatly impact my future career. I feel like, after going to an AA meeting, I will be able to better inform my patients that are considering trying to get sober.</p>