

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>Step 1 Description 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"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?

<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future?
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Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Kaytee Hays

Instructional Module: IM 6

Date submitted: 5/17/2022

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>I went an AA meeting with one of my fellow classmates. The group was called Southwest AA Group and there were about 15- 20 members that came to the meeting. We all sat in a big room with tables and chairs. The meeting had specific members that would lead the group. One person read the announcements, one person read the 12 steps, and other people read other things. Everyone took turns speaking about what was on their mind.</p>	<p>Step 4 Analysis</p> <p>Attending AA meetings can be very helpful. Some of the members in the meeting had been sober for years. I was talking to one man, and he said that it helps with accountability. Having a meeting each week helps with accountability and gives everyone people to talk to that understand what they are going through. At these groups everyone has one goal and that is to make through another day. They were all very appreciative and thankful to be at the meeting.</p>
<p>Step 2 Feelings</p> <p>I was very nervous. I was nervous because this was the same group that I had listened to my dad speak at, the</p>	<p>Step 5 Conclusion</p> <p>I learned that people do really want to get better. Since my dad had stopped attending, I have believed that he doesn't want to take care of his addiction. These people</p>

<p>same group that he used to attend. I was afraid that someone would recognize me and ask how he was doing. After the meeting had started, I began to feel less nervous. Everyone was very welcoming and were glad that we were there. After the meeting was over I felt good, I was glad that I was able to attend and see what all happened during an AA meeting.</p>	<p>were all at that meeting because they wanted to get better. I learned that dealing with an addiction is very challenging, but you have to have the want and the will to get better. I also read some of the Alcoholics Anonymous book that they were reading. In that book there are lots of bible verses and quotes that keep these people accountable.</p>
<p>Step 3 Evaluation</p> <p>What was good about the meeting was that lots of people showed up. This shows how meaningful it is to everyone to be there. Everyone contributed during the meeting by speaking what was on their mind. What they had to say was about personal things going on, what is going on in the world, and simply just stating how thankful they were to be there. When it was my turn to speak, I told them my name and that I was a nursing student. They were very appreciative of my classmate and I attending the meeting.</p>	<p>Step 6 Action Plan</p> <p>After attending a group, I can confidently say that there is not doubt that this group can help people with addiction or anything that they are going through. Attending this group has widened my understanding and I now know what its all about if I am ever needing to recommend it to my patients. AA groups are one of the many groups that I can give to my patients as a resource. The other thing about it is that it is free! I won't have to worry about my patients not being able to afford going. I am very thankful that I got to attend this meeting.</p>

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