

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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Instructional Module: IM 6

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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>Last Friday afternoon, I attended an Alcoholics Anonymous meeting. I even introduced myself and stated that I was there to offer support and listen. Everyone takes turns introducing themselves and has the option of sharing their own personal story or just listening to others' stories. Someone is asked to pick a topic for the meeting and then everyone shares how they can relate or offer words of encouragement to the others.</p>	<p>Step 4 Analysis</p> <p>After listening to all of the sad yet inspirational stories, it truly made me feel grateful for the life I have and how blessed I am to have such loving and supporting friends and family. Many of these people did not have that or experienced something in life that made them turn to alcohol. I genuinely saw people want to become better and many had achieved sobriety for months now but still needed mutual support from their "family" at this particular AA meeting. It was nice to see that they all saw and considered each other very close.</p>
<p>Step 2 Feelings</p> <p>Naturally, I felt nervous since I had never attended an AA meeting. I wasn't sure what to expect or if people would mind that I was there. I didn't disclose that I was a student, but you could tell that everyone knew who everyone was and who the "regulars" were, and so I was a bit nervous people wouldn't want to share their story with me being present. However, I quickly learned that everyone at the meeting is really supportive towards each other and genuinely want to help each other along their journey to sobriety. I was proud of them and felt lucky enough to be able to experience an AA meeting so that I could better see it from their perspective.</p>	<p>Step 5 Conclusion</p> <p>I don't think anything could have made the situation better other than I didn't realize smoking was allowed so, I went home smelling of cigarette smoke! I enjoyed the experience overall. I appreciated the opportunity to be able to see things from that perspective. I learned that these meetings are beneficial to people who are struggling to attain sobriety or even if they are already sober, these meetings are still a good outlet for them to continue on their sobriety journey and have a safe place where they can go and share their feelings or daily struggles that might cause them to relapse.</p>
<p>Step 3 Evaluation</p> <p>As mentioned earlier, I was nervous since I didn't know what to expect, but after calling first to see if I needed to sign up prior to attending the meeting, the man on the phone was very nice and very welcoming of anyone who might want to attend a meeting. He reassured me I was able to attend whenever I wanted to. After someone chose the topic for the meeting and people began sharing stories, I wasn't aware that people would get really raw and deep with their emotions and testimonies. It was really inspiring to see people who are struggling with alcohol or substance use and still see them wanting to become better for their families.</p>	<p>Step 6 Action Plan</p> <p>I do believe that everyone deserves empathy and that sometimes nurses are too quick to judge someone who is an alcoholic or is participating in substance use. Everyone has a story and everyone has a reason why they end up in certain situations in life, but in the end, we are all just trying to do our best with the hand we've been dealt in life. I will definitely take this as a learning experience and apply it in my future nursing career. I will make sure and show empathy and be supportive of their situation. I will listen actively and do my best to get them the help they need.</p>