

## 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>

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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><b>Step 1 Description</b></p> <p>Today I was at Dove Tree Rehabilitation Center. A situation that was very eye opening to me was during a processing group time. We joined a group, just at random, and I think we chose the perfect group. During this group time we were just observing and speaking when necessary. There was a male client that was a veteran and he spoke very deeply into the traumas he has had that has resulted in his drinking problem. Listening to him and another veteran in the room made me want to cry. Drinking addictions are not merely a choice sometimes they have such a deeper evil that Dove Tree has to pull out to correct.</p>	<p><b>Step 4 Analysis</b></p> <p>Alcohol addiction is hard. You would think it would be as easy as "just stop" and it's not. It is so much more for most of these clients. These moments in their lives have caused so much damage and men seem to hide emotions to stay "tough" leading to damaging choices such as alcohol. There were four other veterans in the group and their experiences related perfectly to his story. They all seemed to struggle with pretty close to the same problems. Some of them were just a lot more vulnerable about sharing their history out loud. I think that is an awesome step in the right direction for recovery. Face some of these demons, head on.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of the day, we were welcomed with open arms from some of the female clients. During this group time we were welcomed so nicely as well. Beginning group, I was just very open minded and ready to listen. Little did I know it would hit my emotions and I would be on the edge of tears. My heart truly hurt for some of these clients. We sometimes think the cure to alcoholism is "just stop", but sometimes it is so much deeper. This client shared the things he saw during war, with great details, and other traumas he had endured during his civilian time. He has never coped with any of his past traumas, and this led him to drinking to hide these past events. I wanted to cry the whole time listening to him, and how vulnerable he was being to better himself.</p>	<p><b>Step 5 Conclusion</b></p> <p>This event went so smoothly. There is not a moment I would change at all. The members in the group and the instructor were so warm and welcoming to listen to each other and give feedback. I learned so much from listening to him. To one be grateful for the life I have and to not had to experience some of the things he did. Also, to never judge a book by its cover and not all alcoholics are just drinking to drink.</p>
<p><b>Step 3 Evaluation</b></p> <p>Everything about this event was amazing. It was difficult for me to listen to all the things that this one man had been through, but also how many people in the room related. The group leader was awesome about listening and giving feedback if the client wanted to hear it. I think him being that vulnerable is a huge step in his recovery. I did not contribute much except for just truly listening to his story. I thought he was so brave to share so very raw truths in his life with a bunch of strangers.</p>	<p><b>Step 6 Action Plan</b></p> <p>I cannot wait to take this experience and use it in my nursing career. Like I said above I learned to never judge a book by its cover. Some patients may have a deeper root to their addiction problem. We as nurses have to gain the trust of our patients to learn the deeper problems in their lives. Treating those problems will help the addiction. The lump in my throat I got listening to this client will always stay with me. I won't forget the eye-opening experience he gave me. Not all alcoholics drink just because they cannot stop sometimes there is so much more.</p> <p style="text-align: center;">This experience was awesome!</p>