

## 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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Name:

Instructional Module:

Date submitted:

*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>Last week, I had the opportunity to attend an AA meeting outside of class. While there, I sat and listened to each individual share their stories regarding the topic of the night. Although they mentioned that many topics are positive and their meetings are usually uplifting, this night's topic was death. Listening to each person share their personal stories regarding death of their loved ones and how it affected their lives gave me a new perspective on addiction. I learned that substance use is not always for a good time, but for an escape from reality.</p>	<p><b>Step 4 Analysis</b></p> <p>For some people, addiction begins early in their lives. I have always imagined that addiction is the root of most bad things that a person that struggles with substance abuse has gone through. During this meeting, I learned that often times, it is not a traumatic event that results from addiction, but addiction that results from a traumatic event. I learned that many people use substances to cope and escape reality when reality feels like too much to handle. I realized that anyone, despite their background, can fall into substance abuse and unfortunately, never get back to sobriety.</p>
<p><b>Step 2 Feelings</b></p> <p>When I first walked into the building, I honestly thought to myself "where am I and why am I here". The building was cloudy with cigarette smoke and every person there was looking at me like I did not belong. I felt that there was a division between myself and the other people attending. Once the meeting began and everyone started opening up, I realized that there were people in the room that were very similar to me. Hearing everyone's experiences made me feel very sympathetic regarding how hard addiction has affected their lives. On the drive back to my house, I couldn't help but to think of how fortunate I am and how much I wanted to help those that struggle with addiction every day.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, this experience truly affected me and my thoughts regarding addiction. Before this meeting, I truly believed that people with addictions were selfish. After listening to each of them speak, I quickly learned that they were trying to get better not only for themselves, but for everyone else in their lives. Watching them cry and get choked up when speaking about how addiction has affected their relationships with family and friends proved how much they love the people in their lives and want to heal. I could not imagine going through even half of what these people have experienced.</p>
<p><b>Step 3 Evaluation</b></p> <p>While sitting in the room with thirty complete strangers, I was amazed at how close and open they were with each other. At the end of the meeting, I felt like I had known each of them forever. I admired how supportive they were and how they were all working towards one goal: to stay sober. I do not think one aspect of the meeting went bad. Going into the meeting, I thought that it would just be a couple of people sitting around in awkward silence, not really opening up about their personal stories. Leaving the AA meeting, I realized that they were truly there for each other and working together as a team.</p>	<p><b>Step 6 Action Plan</b></p> <p>I plan to use the feelings I had leaving the meeting that night to motivate me in helping those that struggle with addiction in any way possible. I have a completely changed perspective regarding substance abusers and what has led them to where they are now. In my future nursing career, I plan to not treat/communicate people with addiction any different than my other patients. Rather than discriminating against them, I plan to communicate with them and understand the hardships they have encountered in their lives. By attending this meeting, rather than frowning upon those with addictions, I have learned to support and encourage them in their journeys to sobriety.</p>