

Covenant School of Nursing Reflective



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>Step 1 Description 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"> • 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?
<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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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>Step 1 Description</p> <p>Last week we went to an AA meeting, and it was interesting and meaningful. I have heard of AA but never knew what it does. In the meeting, we introduced each other and had the chance to see the roles of an AA meeting. The people there were welcoming, nonjudgmental, and supportive. Throughout the meeting, people shared their journey of coming clean, and it was nice to see how they were nonjudgmental toward each other.</p>	<p>Step 4 Analysis</p> <p>The organizer of the AA meeting was professional; he opened the meeting and explained how the meeting was going to be. It was nice that he explained it to us, so we all knew what to expect. Next, the organizer shared his experiences of coming clean from alcohol. After that, we went around the room introducing ourselves while sharing individual experiences. In the meeting, we each had two minutes to talk, so everyone had the chance to talk and share their stories. We always said “Hi” and “Thank you” to every individual, so I thought it was great.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was curious about AA. I did not know what to expect, but it went well. Throughout the meeting, people showed respect, care, and warmth to one another, and they actively listened without judging who they were. The organizer introduced himself and opened the discussion about his journey of quitting alcohol and the values and beliefs of AA. I was surprised by how people interacted with each other and how involved they were. The meeting was great; it was helpful, encouraging, and inspiring for me.</p>	<p>Step 5 Conclusion</p> <p>The environment of the AA meeting was relaxing, enjoyable, and stress-free. Everyone was caring and acknowledging each other stories, so everyone was at ease. Through this meeting, I learned about AA meeting and what it does. I can now teach or refer AA meetings to my patients, especially those trying to quit. Overall, I think AA is a great resource we could use to help our patients' needs.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the event was everyone could participate without being judged by others. In the meeting, every individual shared their story and talked about their feelings about staying clean. And I thought it was nice because it inspired others to keep clean. In addition, everyone was supportive and laughing, and there were no negative comments about one another. In the beginning, I expected the meeting to be just a so-so conversation, but it was somewhat deep, fun, and relatable.</p>	<p>Step 6 Action Plan</p> <p>Overall, I enjoyed going to an AA meeting. It was a meaningful experience, and I would like to visit again. During the meeting, I noticed that everyone was enjoying and actively involved, so I felt that the AA meeting was helpful for them. Also, through sharing stories, people are motivated to continue what they are doing and think that they are not alone. In the future, I can educate my patients on AA, and I can encourage them to visit to feel inspired by the AA meetings.</p>