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.

Step 1 Description A description of the experience, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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. Use only the space provided. Information that is not visible is lost.

Step 1 Description

Today I went to an Alcoholic Anonymous meeting at the Hub City of the Plains. This was an awesome experience to witness. The leader of the meeting made a very great comment that I think will stick with me for a long time. He spoke to us specifically as nursing students, that when he would end up in the hospital, he was always told that he was not a priority for the nurses. That they had sicker patients to take care of. He told us as nurses the best help for an alcoholic is to send them to an AA meeting. That we will not be able to cure or help them, but AA is what they need. This was a strong statement coming from an alcoholic that could possibly be your patient.

Step 2 Feelings

· Beginning of the meeting I felt very nervous, but just like other clinical rotations everyone was very welcoming. After listening to the leader talk, I was shocked when he spoke about how he was treated by nurses. I was also very understanding on his advice for how to care for an alcoholic patient. I also get very emotional with places like this because addiction hits very close to home with me and I shared a little about that with the group today. I have known the family side of addiction all too well and to hear some of their stories it struck some very sensitive spots for me.

Step 3 Evaluation

I have nothing bad to say about this experience. It honestly became easy to listen and even participate a little bit with this group. I did not expect AA to be exactly like you see in the movies. Everyone stating their names and how long they have been sober while everyone welcomes them. Thats how I have always imagined AA and it was exactly that. Like I said above I contributed a little bit with the subject from a family members side of the events. It was awesome for me to now see the other side and kind of how addicts think when it comes to sobriety and addiction.

Step 4 Analysis

Something that hits very big in this analysis box is seeing the patient care side from the patients view. Hearing a couple of the clients talk about how nurses have treated them and how we should do other things instead. This was very eye opening as a baby nurse. Hearing the different experiences they had with healthcare workers. We as healthcare workers should never lessen priority of a patients care because they are an addict. It was awesome to hear how much AA meetings have truly helped some of these people and how they encourage everyone to continue. Everything they said and they 12 steps make sense and really would be helpful for a family member of an addict to learn and understand.

Step 5 Conclusion

There is nothing in this event that I could have done better or could have changed. It was a very eye-opening experience to see how these people feel about AA and their sobriety. How important sobriety truly is to some of them and how much of a struggle it is to try and remain sober alone. I think this is another awesome experience for nursing student to go through before becoming a nurse. To see the other side of addiction and not just the bad sides we see when they come in. To also see the hard work they put in to become and remain sober. It is a constant job for some of them. One lady said that she would never remain sober if it wasn't for the meetings. It is a true life saving community!

Step 6 Action Plan

I cannot wait to apply what I have learned today to my nursing career. I will always recommend this place, Hub of the Plains, to any patient, family, or friend that might need just a little bit of help. Like the leader of the group said, we as nurses sometimes can fix everyone but we can tell them where to go to seek help. This is an awesome resource to have on my belt as a new nurse. This was also very eye-opening for me with siblings in the addiction world. To somewhat understand their feelings and the steps they go through to get clean and sober.

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