

# 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><b>Step 1 Description</b> 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"> <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?</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>

## Covenant School of Nursing Reflective

*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><b>Step 1 Description</b></p> <p>One other nursing student and I decided to go to an AA meeting together off of University. I have never been to an AA meeting before but I had a general idea of how it was going to go, and to some extent I was wrong. The meeting was structured but relaxed, this allowed for a controlled environment but a feeling of comfort and freedom to express your feelings. New people were warmly welcomed and made them feel as if they "fit right in". My job at the AA meeting was to observe how the meeting works and listen to what these people had to say. By the end of the meeting, I learned a lot about how these meetings work and the process it takes to get back on your feet. I think the AA meetings are very useful and work for many people, I would like to see more people encouraged to participate or educated on how the meetings work.</p>	<p><b>Step 4 Analysis</b></p> <p>I'm not a professional on addiction or anything of the sorts, but from what I've read previously, there are a few topics I'd like to mention. I learned that the first step to getting better is acknowledging you have an issue. The new guy asked where he was suppose to start and the group stated "you already did, being here is the start". Another important step is being honest with yourself, understanding that this is a problem within themselves, physically, mentally and emotionally. Continuing to be honest with themselves as well, can't just lie to the group about having a drink or how you're feeling because you're lying to yourself just as much which won't help. The last topic ill mention is perseverance. This by no means is easy. Getting that first step is hard enough, but with withdrawal, peer pressure, and the desire for a drink or drugs can shut a man down. Not getting immediate results is another trigger that can cause someone to quit. Pushing forward, finding coping mechanisms that are healthy, and finding a shoulder to lean on during this are all things that may help.</p>
<p><b>Step 2 Feelings</b></p> <p>Our instructor at the beginning of this module told us that some things we may talk about can pull on some heart strings or bring up some things that have occurred in the past. This event was one of those heart string pullers to me. I had many emotions sitting in this meeting such as happiness for these people that are improving their quality of life. I am so proud of these people it is hard to explain, proud that they excepted they had an issue, understood it was affecting them and others around them and took a step to become better, and just being honest with themselves. But at the same time, I felt very angry. I was angry because my entire childhood to now all I have wanted is my dad to try and get better, for all the reasons listed above. The new guy stated that he was here because he had let alcohol take his life from him and he lost people he loves dearly and will do anything to show them he loves them, even if that's taking this difficult step. Hearing that made me want to hug that man and slap the dog out of my father, because I feel like he chose alcohol over us kids.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, I learned a lot from this event. I had done some research as a kid and thought I had an idea of how this was going to go. I learned by attending this event how much this actually has helped people and how amazing these people are to each other. This is a family and they do anything for each other for a similar goal. With that being said, part of me wishes I had not gone to this meeting because it brought back a lot of hate and anger I feel. Knowing how welcoming these people are and how many of them have had success makes me very frustrated, and maybe that is selfish. I am so so happy for them don't get me wrong, just frustrated that people in my life couldn't even try. I think overtime I have become more open on trying to make things right with my father but I am very easily triggered to put that wall back up and this meeting was a pretty big trigger to me. Overall, it was a great learning experience but I personally think in this case, ignorance is bliss. Kind of like taking a starving dog to sit and watch others eat.</p>
<p><b>Step 3 Evaluation</b></p> <p>Some things I think went good about the event was of course how welcoming these people that have been coming to this group for years were to a new person. I thought the layout of the event went smoothly and was fair to everyone. The beginning started with a planned reading which allowed for new feelings, thoughts, and actions to be put into place. The second and last portion of these events was the time allotted for the group members to speak about whatever they may choose. Some of the group members talked a lot about how their day went and some triggers that led them to wanting a drink or drugs, they also expressed whether they went ahead with those actions or not. The other people talked more directed towards the new guy, stating what their experience was, their triggers, emotions, and what brought them to deciding on AA. They also expressed how they are using the 12 rules and continuing on when they feel as if it isn't working.</p>	<p><b>Step 6 Action Plan</b></p> <p>So my action plan is to bottle up my feelings that I do so well and run away from my problems. Just kidding. I plan to continue practicing some of the healthy coping mechanisms and not let myself put up that wall. I have since been thinking to myself that even though that is such a good option for someone to take that step that honestly it does not change anything. Like I mentioned earlier, he would have to be honest with himself and want to fix something but does not think that he's the issue, so who cares that AA is there in this situation. Instead, I plan to let this be an option for people who do want help or don't know this is there. My patient's have not met that dead end and have hope, and I pray I can be the hand they can hold to cross that bridge or the shoulder they need to lean on. I now know how these programs work and can inform them on what to expect, how welcoming these people are, and how to take that first step. I love what AA has to offer and am blessed to see the impact this group has in people's life.</p>