

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.

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| <p>Step 1 Description 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"> • 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' perspectives? |
| <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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Instructional Module: 6

Date submitted: 06/08/22

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

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| <p>Step 1 Description</p> <p>During morning track groups I was able to listen to everyone around the table talk about how they were feeling. At afternoon group everyone spoke about relapsing and about the pyramid of sobriety. I was an observer in the corner listening to everyone and the counselor. All the clients talked and listened to each other and gave advice on others situations. As everyone spoke it was a realization that everyone with addiction no matter the drug of choice has problems in the program and awaiting them outside when they are discharged.</p> | <p>Step 4 Analysis</p> <p>The issues that arose from this even were that some of the clients felt like their worries and problems that needed to be addressed before discharge weren't being taken seriously. The sense that I made about the situation was that the amount of staff that were there for the day wasn't sufficient enough to be able to help the clients. I feel that what was really going on was that certain clients had more problems than other and the clients that has the most problems and is closer to discharge needs their needs addressed sooner. Other clients in group stated they went through the same things but that the client speaking had real problems that needed to be met. The impact the other clients had were they were willing to help this client when he was discharged. There were certain things that other clients had that the specific client needed and they were more than happy to help him when he discharged.</p> |
| <p>Step 2 Feelings</p> <p>I felt nervous in a way at the beginning because I did not want to make the clients feel like their personal stories and feelings about their addiction and recovery. As it began everyone was very open about their feelings and weren't afraid of judgement from anyone else at the table. A client was sharing all the things that led up to his admission to the facility and all the things that were waiting for him when he gets released. It made me really sad for him and the others to hear how their addiction hurt their loved ones and how it destroyed their lives. The most important feeling I had about the group was that the clients in the group supported one another and show how willing they are to help each other when they are released.</p> | <p>Step 5 Conclusion</p> <p>I feel that maybe if the facility had an adequate number of staff they would better help the clients. It was confusing all day for the clients and the staff that was there to know where certain clients were supposed to be or do. I feel that if anything I could have done differently was maybe know where certain groups met it would have been more beneficial to my experience at this facility. I have learned that staffing ratio is a problem in all facilities not just in a hospital. I also learned that people in rehab facilities have some serious problems when they are discharged from these places. It is not just a in and out thing for them. They have problems like missing work for 30-45 days and how that will impact their job, insurance coverage, housing, and so much more and i never really thought of all that.</p> |
| <p>Step 3 Evaluation</p> <p>I feel that the group as a whole went well. Everyone was able to say how they feel about the day and how they feel their recovery is going. They were also as a whole group very supportive of one another and their recovery and where they were with their recovery. When they started the group I was expecting it to be similar to an AA meeting where they start with " My name is and I'm an alcoholic or an addict". But it wasn't like that, it was more of a support group where they can express how they feel and why they feel like that.</p> | <p>Step 6 Action Plan</p> <p>I think overall about this situation for anyone as in being in a rehab facility is hard not only mentally but financially, spiritually and even socially. I concluded that although you can admit yourself into a rehab facility there is always a possibility of relapse. Addiction is a disease no matter what the drug of choice is. I learned that everyone that falls to addiction and has the disease is a person and some people want help and some don't and the ones that want help also have to help themselves. Recovery is a long process but if you have the support from staff and family and you stick to your program the process will be worth it.</p> |