

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>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**

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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.

<p>Step 1 Description</p> <p>I attended an evening AA meeting with a nursing school friend this week. We sat in the back against the wall so we wouldn't be in the way of all the other members. The members were very open and welcoming of us to their meeting. There were more people than I thought there were going to be. They read the 12 steps out of the alcoholics anonymous book, a daily intentional, daily prayer, and then talked about the stressors that trigger them and what causes or motivates them to stay sober.</p>	<p>Step 4 Analysis</p> <p>The broader issue that came across congruently was that getting sober is a battle but staying sober is the real war within a person. The sense I can make of the situation is that sobriety is an ongoing battle that a person has to 100% committed to. Everyone's testimonies were different but there were a lot that had a common consequence on a person's life. The consequences were divorce, homelessness, job termination and even the loss of their children. I took away from this experience that everyone has an internal battle going on but some people's fights are ongoing because they have already failed and they don't want to fail again.</p>
<p>Step 2 Feelings</p> <p>I was nervous in the beginning because this was an experience I never thought I would have not even in nursing school. The amount of support that these members had for another was something that made me very hopeful for this group. As each person spoke and shared and everyone else listened without interruption was something that showed me that this group genuinely cared for one another. I feel by the end of the meeting everyone was able to share, be heard and be able to feel like they mattered to someone else. I feel that everyone was very welcoming to us and were happy to share and show their vulnerability with us.</p>	<p>Step 5 Conclusion</p> <p>I don't think there was anything I could have done differently to make the experience better. I feel that everyone being welcoming and more than happy to help us or answer our questions was great and made this experience enjoyable for us. I learned from this experience that addicts and alcoholics look like everyone else in the world so you never really know what a person is going through in their own lives. I did see that these people had a lot of faith and really prayed for help with their disease. I also learned that just because a person is an alcoholic doesn't mean they don't want help to get better.</p>
<p>Step 3 Evaluation</p> <p>The amount of communication, sharing, support and the laughter in the room was really good. It was easy for everyone to share their feelings on the topic of the meeting and there was a certain flow regarding the way everyone shared. Everyone was allowed a time to share their feelings and no one interrupted which was nice to see. I didn't really contribute besides thanking them for sharing their words with me and allowing me to sit and listen to them. This meeting went the way I thought it would but being there in person made my emotions really come out.</p>	<p>Step 6 Action Plan</p> <p>I thought this over all experience went really well and that it really in a way opened my eye to see that there are people that are constantly fighting an internal battle. I have taken care of patients detoxing from alcohol before but I never thought of the battle they are going to have everyday to stay sober. As nurses we should help everyone that has this disease and want help to get sober. I understand that we can't help people who don't want it but how will we know if they want help unless we ask them ourselves. This will help me in my future career by knowing and seeing for myself how much work goes into sobriety and how recovery is a life long road.</p>