

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?

Adopted: August 2016

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Name: Instructional Module: Date submitted:

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>Went to an AA meeting. I didn't know how many people were going to be there because it was in the morning. When we first walked in they talked to us and we're very nice. They offered us coffee. All of the people in the meeting were regulars and they all knew each other. Katie got the opportunity to read the daily devotional at the beginning of the meeting.</p>	<p>Step 4 Analysis</p> <p>Listening to their stories was awesome. They talked about how they were in trouble with the law, or how they had bad relationships with family, and now they are on probation or mending their relationships with their family. It was very empowering. They talked about how everyday it is a hard choice to stay sober, and that they have to battle every single day.</p>
<p>Step 2 Feelings</p> <p>It was weird because we stood out. I also did not know how they were going to act towards us during the actual meeting. I also felt like I was in the wrong. They were sharing their feelings and their stories, and I have never had an addiction. I just did not want them to feel like I was judging them. I enjoyed listening to how they changed and how they changed their lives.</p>	<p>Step 5 Conclusion</p> <p>I could have been more interactive with them. They were talking to us and I only gave a couple one word responses because I was nervous being somewhere that I had never been before and I didn't want them to be upset that we were not recovering addicts. The meeting went much better than I could have hoped for, and I am glad that I got to hear all of their stories.</p>
<p>Step 3 Evaluation</p> <p>We did get an opportunity to share. I just said I enjoyed listening to them and getting their perspectives on life. One of them gave us some life advice, "Don't listen to the drunks or the addicts, we have already heard it from everyone else. We are just trying to manipulate you. Just advise them to go to an AA meeting." I wasn't expecting him to say that. He just told us that they have to be ready to change.</p>	<p>Step 6 Action Plan</p> <p>In my future as a nurse I will come across many patients who are battling addiction. I also need to know resources and places that offer meetings for if patients are serious about getting help. I also need to be aware of patients who are just trying to manipulate me. Obviously I am going to treat them all the same, but I do not want to fall too far into their lies.</p>