

# 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>

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*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>Today I was in clinical at Dove Tree Ranch. While there I was able to speak with several clients and got to know them. One of the clients there and I spent majority of the day together. Her and I were partners during a group activity. During this activity I was able to play the role of her mother while she practiced setting boundaries with me for when she returns home after completing rehab.</p>	<p><b>Step 4 Analysis</b></p> <p>During the activity the resident was thankful for the support of her mother allowing her to come to her home at her time of discharge. Although she felt thankful, she was also skeptical about the challenges to be faced living in the home with her parents. After being in small groups the group came together and shared each of their role-playing experiences. Many of the groups explained not knowing how to set boundaries or cut ties with people they are close to like family and friends. The residences in the group all had similar fears and challenges.</p>
<p><b>Step 2 Feelings</b></p> <p>Initially I was a little nervous but majority if not all the residents welcomed me with open arms. During the activity I felt empathy for my partner. I also felt surprised. At the time of the exercise, I was thinking that this would be easy for my partner because she was going to move back in with her parents. Me feeling surprised was the most important feeling. I felt surprised because I assumed something based on the dynamic of the parent child relationship prior to hearing the resident out about her life at home with her parents. The final outcome seems hopeful as we worked through what the resident should say and how she says it to her parents to set healthy boundaries.</p>	<p><b>Step 5 Conclusion</b></p> <p>This experience could have been better if we were allowed more time to continue the role plays for practice. The resident became more comfortable and confident the more we practiced. Differently, in the future I will remember to listen fully before drawing conclusions. I learned that boundaries affect people with addiction in a way that I had never realized. I also learned that many people struggle with setting boundaries with the people that mean the most to them. It was easy for each resident to set boundaries with one another, but it was not the same with close family and friends.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good in this event is that the client was able to establish a boundary setting plan for her discharge. It was also good that I was able to acknowledge the way that I am affected when I assume things. It was easy talking with the resident as she opened with me shortly after I attempted to build rapport. I did not expect a different outcome although I may have expected a different process to get to the outcome. I contributed by sharing ideas and responding as a parent in the role play to offer the resident practice with setting boundaries.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a good learning experience for me. I concluded that setting boundaries can be a challenge for many people. I also learned that boundary setting is important for those struggling with addiction because not having boundaries can be a direct correlation to relapse. In the future I will listen entirely prior to drawing conclusions. Professionally I am now a lot more aware of addiction and the additional components that people with addiction struggle with daily. Basically, I was enlightened today. The experience was nothing like I expected it to be like.</p>