

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: IM 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>Today I went to Dove Tree and got to see how their system worked. I got to attend sessions throughout the day and witness how their interactions occur. I was a little scared, however, I had another student attend Dove Tree with me so that made me more comfortable. There were counselors, RA's, and nurses there at the building to help attend to their patients. The results of all these workers being their for the patients help the patients open up and discuss the reason why they are there.</p>	<p>Step 4 Analysis</p> <p>You could apply previous knowledge learned in A&P into understanding what occurs when let's say a person takes meth and how it affects the brain or overall body. I think there is a lot of research that support the causes of addition, for example, cirrhosis of the liver due to the over consumption of alcohol. I think the Stages regarding pre-conception, conception, preparation, action, maintenance, which can lead to relapse or termination. I think those where the stages, furthermore, I found it interesting the process an addict going through and stays at. I noticed how some people had similar experiences, some related to alcohol, some the same background, some the same job. It just shows any one is capable of falling into addiction.</p>
<p>Step 2 Feelings</p> <p>.At the beginning I was nervous because it is a whole new environment for me and I had never been exposed to the population. I was thinking this is going to be interesting and a great learning experience. Going to Dove Tree made me</p>	<p>Step 5 Conclusion</p> <p>I could of made this situation better by perhaps asking more questions, but maybe next time when I am more comfortable. Others could of made this situation better by</p>

<p>realize how real addiction can be and how it can desperately affect lives of people. It made me feel sad hearing some of the people talk about what was going on their lives and how it can literally be so hard for the individual to stop. I think the most important emotion I felt was sorrow because it is very unfortunate the events that led up to addiction in an individual's story.</p>	<p>attending the meetings and disusing their emotions. I learned not everything is how it seems. A person with nice clothing, outgoing, and that owns a farm can still have an addiction just as much as a person who is living a low-income lifestyle. But there are more statistics I'm sure that support maybe one situation more likely than another. I have not looked more into that.</p>
<p>Step 3 Evaluation</p> <p>A good thing about Dove Tree was the environment. I noticed the staff and the patients were really close and could joke around. I think that is important because how else would you get someone to open up and try to achieve certain milestones if you did not have a close relationship. The only thing I can think of that was bad was I guess just the patients that did not want to attend any meetings or lessons, but I think those people will soon come around. The staff did an excellent job creating such a comfortable environment, I was shocked. The patient would joke around with the RA's and the counselors. I honestly did not know what to expect going to Dove Tree, I didn't expect what I witnessed there today that's for sure. In addition, I like to add a thing that didn't go well for us is the whether, I do feel like it stopped us from seeing certain situations due to things getting canceled or nobody showing up due to the weather.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think Dove Tree is an excellent place to go and to see how a true addict goes through rehab. Although, if I'm being honest, I do wish the staff were clearer about where things are and where exactly to go. Don't get me wrong they were lovely and super friendly, but my partner and I were at times missing out on some things. The patients were amazing because they would tell us lets go here or let me show you this place. I will carry this experience with me because I now know the resiliency of an addict.</p>

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