



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>Step 1 Description 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"> • 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?
<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? As stated above, we developed a plan and stuck with it • 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?

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>Step 1 Description</p> <ul style="list-style-type: none"> On Monday afternoon I joined my first AA meeting with my classmate. We called the facility beforehand and asked if it was possible to observe the meeting. In the beginning, we both did nothing but sit amongst the group and listen to their stories, but later towards the end, we got a little more involved and shared stories with them which ended up well than I expected. 	<p>Step 4 Analysis</p> <p>Well, I wish I had gone to this meeting sooner because I recently had to do my trifold over this exact topic. I feel like it would have helped me engage more with the audience to share how these meetings go and how positive the outcome truly is. The group read off a AA book that was written in 1937 and spoke a lot about the 12 steps. I found this very interesting because I was unaware of this book ever being made. I read along with the group but also skipped along some pages and read it to myself. After I had shared my experience with the group, I read a part out loud that talked about how alcohol abuse is so undermined when compared to other disorders but because people treat it like an issue rather than a disorder and that really stuck with me. The book and the meeting allowed me to see this diagnosis in a whole other light.</p>
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> I was nervous at first to join and make the members feel uncomfortable by us being there. I understand it takes bravery for them to be there as is, but it can come with ease because surrounded by familiar people who share the same experiences. However, I did not want to be the reason why any of them would feel awkward because of us being there, but they were absolutely welcoming and shared their stories. Everything changed when the stories began. Suddenly these people weren't strangers and the stories sounded awfully familiar as I compared them to my own personal experiences. I found myself not looking at the clock anymore, but engaged and eager to share myself. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> My hesitation to new things really ruins a lot of things for me. I never give it my all because of my social anxiety and fear of public speaking. I had a lot to share with this group and I wanted to sit down to speak with them individually to hear what they had to say and tell them how brave they are for being here. I don't think they understand how amazing they are for seeking help. I wish my parents did and I wish I did. It would have made the suffering hurt a little less and not feel so alone.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> Overall, the experience was well needed. My parents suffered from alcohol abuse as well as I. My brother recently got injured due to drinking in a high risky area which almost cost him his life. So, the content wasn't brand new, it was so relatable that it felt like I needed to call my mother and tell her about this. She is now seven months sober; my brother is three months, and I am four—only because I am pregnant. Just kidding. Anyhow, I enjoyed being present and had the opportunity to share a little about my struggles with alcohol as well including what I have shared with you. 	<p>Step 6 Action Plan</p> <p>I enjoyed the meeting. I texted my mom and brother and asked them to join me again. I feel like I was meant to be there that day and it was a calling for me to share the experience with my family. As I stated earlier, this meeting allowed me to see this diagnosis in another light and I say this because, I remember giving my parents a hard time growing up due to their addictions. I wish I understood more so that I was able to offer help instead of making them feel worse about the situation. I wish I knew about this when I had my issues as well because it would have made things a bit easier for me too.</p> <p>Now that I have experienced this myself and have more knowledge about this place and what it upholds, I will give offer more referrals to family, friends, or patients about my experience there.</p> <p>The thing about me is I enjoy understanding where a person is coming from so that I can offer them the best resources available and this meeting gave me another opportunity to do so.</p>