



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 on 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"> Today we had a clinical at The Ranch at Dove tree. It was not what I had imagined it to be, because I expected it to be more of a hospital setting, however, it was not. I mainly observed today until the end when I participated in a group. Overall, it was a chill day, and I enjoyed the environment compared to Sunrise Canyon. The Ranch at Dove tree had more groups and for the patients there which I admire the most because I feel like this group and the staff were more engaged when it came to recovery. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> I can correct my image of the facility and how the patients were compared to how I had imagined they would be. As I stated before, I pictured the Dove tree in a more hospital setting, but I was surprised to see that it was not. The people had more freedom than I expected. There were ways to escape if they wanted to as well, so that was interesting to see. However, a lot of the groups talked about the 12 steps or read from the AA book, which I believe is a great resource for them as well as others to share.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> Surprisingly, I was not as nervous as I usually am, but I felt a bit more lost initially. I honestly did not know what to expect and I found myself comparing it to my experience at Sunrise. Yet, I enjoyed the groups far more because I feel like they were more goal-directed and allowed the people to share truthfully with each other. I felt like the people felt more heard and wanted the change more than ever. I could see the engagement in the groups by how much people voluntarily showed up and interacted as well. We had a chance to speak to a few people, who coincidentally were nurses. So, that made everything hopeful. Ha. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> The only difference I would have made today was to engage more with patients, staff, and nurses. The only type of nurses I know up to this point are bedside nurses, so I would've liked to gain more insight into something different. Other than that, the day was great.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> The day was good. I wish I interacted a little more with the people there and heard more about what brought them in. I did hear some of their stories during the group, but I would have loved to talk to them one on one. Another thing, I was unaware of where the nursing office was until the end of the day which was upsetting because I would have liked to see how the day goes for them as well and get more insight into that. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> Overall, I enjoyed the atmosphere they have at The Ranch. The groups were nice along with the staff. I enjoyed how everything was spacious enough to allow for privacy but close enough to ensure safety and convenience to activities or help from the staff. I really wish that I had spoken more with the nurses on the facility because I am starting to lean more into nursing in this profession. I enjoy the idea of helping people who are suffering from these horrific mental conditions that others don't understand yet. I feel for them, because I have seen addiction first hand and I know the affect it holds on the people involved, but now I have the knowledge to educate other and help people potentially cope with this.