

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>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. personnel / 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? • 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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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> <p>I attended the Ranch at Dove Tree for one of my clinicals. My clinical partner and I were to be with the patients and attend the group meetings. We were to talk and listen to the patient's stories and anything else they wanted to talk about. In the group meetings, they varied on what the topic was but the couple we attended was a morning intention and a 12-step study. During the study, we got to hear a couple more stories including one from a young man.</p>	<p>Step 4 Analysis</p> <p>Having been able to see how these patients are able to have help and still have the "normal" necessities done, gives me another resource to give to patients when I encounter them in my nursing career. On a positive note, with not being able to tell the difference between who was a patient and who worked there, made it that much more encouraging with the results. Hearing quiet a few patient's stories while being there, a lot of them were similar. The younger patients seemed to be the party goers and got on the pathway that way and the older patients seemed to be going through a hard life event.</p>
<p>Step 2 Feelings</p> <p>When I arrived, I thought the place was small, but it was nice being away from traffic and all the city noise. Walking into the building, I didn't think there was much to do and didn't see very many people. Then again, it was still early in the morning, and everyone was still waking up. As we attended the groups, one of the stories had stuck with me. A young man had said he was going to college and had scholarships. He said he just was a party person and ended up getting into alcohol and drugs. He said eventually that cost him his scholarships and had problems with his family. Hearing his story really stuck with me because as college kids, we want or like to have that "fun" and we don't realize we can easily slip into that path of addiction.</p>	<p>Step 5 Conclusion</p> <p>I think what could have made this experience better would be if we were actually paired up with a group leader or met them so we could keep an eye out for them and not have to guess at who a patient was and who wasn't. We did try and explore the property ourselves but as expected a lot of the doors were locked and no one would open them, so we did have to just watch where everyone gathered. If I could have done anything differently, I would have gone and talked to more of the younger patients there, just to see how they got on the addiction pathway. I have learned that these people do battle with themselves, and some do want help but don't know where to look for help until they end up in a bad place.</p>
<p>Step 3 Evaluation</p> <p>It was a good and different clinical experience that I am glad to have and been allowed to go to. I think what was bad was that you really couldn't tell the difference between a patient and a group leader. Some did have a badge showing they were workers or group leaders but majority of the time you couldn't tell. We were also given a group schedule and a very quick tour of the property but then were left to find everything else. I enjoyed being able to attend the groups and see how they live their day to day lives.</p>	<p>Step 6 Action Plan</p> <p>Overall, I did enjoy having a clinical rotation there at Dove Tree. With the knowledge I gained while being there, if I came across a patient that was in a similar situation, I could recommend this facility to them. This has made me realize that some people have these battles and are around people that they trust but it would be a "regular" thing to them. We would have to really see beneath the person we know.</p>