

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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Name:

Instructional Module:

Date submitted:

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. It was very different than what I imagined it to be. During my time there I met two patients who are actually nurses. I was able to have conversations with them and even attend their meetings. I noticed they try to keep the patients busy all day.</p>	<p>Step 4 Analysis</p> <p>I always knew mental health was an important topic, but today I realized how important it is among healthcare providers. One of the nurses there was saying how she felt judged even by Doctors she worked with. She explained that it felt like people expect so much from healthcare workers that addiction and mental health is often frowned upon. Addiction and mental illness can affect anyone. Being able to openly talk about it should be normalized.</p>
<p>Step 2 Feelings</p> <p>Before arriving, I was expecting something completely different. I thought I was going to walk into more of a hospital type setting. I was very surprised when I arrived and saw how free the place is. I noticed that the patients get a lot more freedom than at Sunrise. It felt relaxing to be there kind of like a weekend getaway home.</p>	<p>Step 5 Conclusion</p> <p>In Conclusion, I think as healthcare workers, we have to become more aware of these topics. I wish I would have been more supportive and encouraging. I think it is so amazing how someone like a nurse can speak up and recognize when she has a problem. I do think there is not enough support to health care providers going through these times. Dove Tree is a place where people with addictions come to feel safe and understood.</p>
<p>Step 3 Evaluation</p> <p>I really liked how structured Dove Tree is. I was impressed to see how cooperative the patients were and how well everyone got along. I enjoyed learning about their stories and lives. I was specially intrigued with the two nurses. Addiction is a hard topic to discuss, and I was thankful to be a part of those discussions.</p>	<p>Step 6 Action Plan</p> <p>I plan to take out more than I thought during these lectures. I want to understand the triggers people experience. This is a topic that will help me in my career as well as in my personal life. I think nurses are at increased risk for any mental disorder due to the responsibilities they hold. It is important to be understanding of others and non-judgmental.</p>