

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 an AA meeting. There was probably a dozen people there not including students. We sat there quietly while they did the serenity prayer and went around and introduced themselves. Some of them told stories about how they used to be and how long they had been clean. Some of them just needed a meeting and wanted to sit quietly like us.</p>	<p>Step 4 Analysis</p> <p>Broader issues that arise from this event is that I can now identify that I may have a bias against those who aren't ready to help themselves yet. I feel like I won't but I wouldn't know until I'm in that situation. What was really going on in that meeting was people coming together just trying to make it through the day. One man talked about how he made it for the first time in many years he had been trying to be clean to his 2 year and 1 day mark. He met his dry date "birthday" as they call it. He said he always felt like once he made it to 2 years that he would know he could keep it up. Now that he had made it he understood why they say one day at a time.</p>
<p>Step 2 Feelings</p> <p>How I felt is difficult to describe. As I listened to what everyone was saying I couldn't help but cry. My father hasn't been a figure in my life for a very long time because of his alcoholism. I wasn't enough to make him quit, nor was his wife, her threatening to leave him, my getting married or having his only granddaughter. So, this experience struck a chord with me. I suppose the way this made me feel was heartbroken for him and what I missed. I don't forgive him at all but these people are trying. Every day they try to not drink or do drugs and it's hard. He won't try not for anyone or himself. It's gonna kill him and I will never be able to know the funny guy everyone always described and neither will my daughter.</p>	<p>Step 5 Conclusion</p> <p>To reiterate what I've learned from this meeting is that I may have some work to do on myself. That I need to have compassion for the ones that can't help themselves yet. They just aren't ready. I may not ever forgive my father but not every person who is addicted to drugs or alcohol is him. They have a disease and this is the way life took them. The day they decide to try and be sober and put the work in. That is the day they were meant to. Empathy for them is what they need.</p>
<p>Step 3 Evaluation</p> <p>This was definitely the hardest thing I've done today. I won't lie and say it's the hardest thing I've ever done but it definitely wasn't easy. I don't like thinking about my dad because it makes me upset. These people though give me hope for others. Not for him but for anyone that truly wants to try. You have to want to do it for yourself. Everyone else comes second. What was unexpected was I didn't think I would cry like I did. Just goes to show that old trauma doesn't always just go away sometimes it just hides.</p>	<p>Step 6 Action Plan</p> <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>I will use this in my practice to have compassion for those</p> </div>