

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?
---	--

Prehospitalresearch.eu – licensed by CC 4.0

Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Briana Narvaiz

Instructional Module: IM6

Date submitted:9/12/2022

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>Around the end of September, I attended an AA meeting. I was at an organization called Hub of The Plains. Attending the meeting were multiple people with addiction to alcohol and some stated they were also drug users. In addition, I had one of my nursing friends attend the meeting as well. My classmate and I sat in our seats as we heard multiple people's stories, and I witnessed what a true AA meeting was.</p>	<p>Step 4 Analysis</p> <p>Learning about SUDs I could apply the reasoning for AA meetings and the steps the users had to achieve to get there. There are multiple studies that show individuals that are sober from alcohol and attend AA meetings help to maintain their sobriety. An issue that could arise from AA meetings is an individual stops attending the meetings. It could be a sign of the individual heading towards relapse. I think it is important to have different perspectives regarding situations that way you can get honest opinions on certain things, perhaps stressors and events that can trigger a person.</p>
<p>Step 2 Feelings</p> <p>Honestly at the beginning of the AA meeting I was nervous and did not expect to hear such sad and unfortunate stories that placed some of the people at risk to use. As I was sitting in my seat and people were walking in, I thought to myself about certain people, "wow I did not expect someone that dressed and well-mannered to be here at an AA meeting." Thinking that to myself I realized I was being bias, there is no certain way one should look attending an AA meeting, there is a diverse population. I think in that moment I realized anyone can truly have an addiction. I think this is an important feeling because it will help my future nursing skills and practice.</p>	<p>Step 5 Conclusion</p> <p>I learned from this event, which can be corny to say, but you never know what someone is going through. The person can look like they have it all together in life but can still be struggling with things we are unaware of. I learned being sober from alcohol is a struggle itself. They talked about making amends with whoever they did wrong. They said it could be difficult and the old them would have flipped out and did whatever, but the new individual they were learned how to communicate and to agree to disagree. They stated they made their amends and if the individual did not choose to accept it, then so be it they tried.</p>

<p>Step 3 Evaluation</p> <p>There were several good things about the AA meeting. For example, I heard stories of some of the individuals relapsing and how it took them a couple tries to finally realize this is not what I want anymore. I do not think anything went bad; however, I could have realized smoking was allowed but that was my fault of course. I don't think anything about the AA meeting was easy. The individuals attended the meeting, therefore, that was a task itself and it can be hard. An individual had states it was their 11th day sober. I know that had to be extremely difficult. I found it amazing how they could open up so easily and share their experiences and struggled, judgment free,</p>	<p>Step 6 Action Plan</p> <p>I loved the environment the AA meeting had. The people involved acknowledge each other and let each other know it is okay. I can apply this knowledge to my future nursing career in many ways. I learned about the process of AA and the main message they enhance. I would attend an AA meeting again because it is interesting how they all uplift each other or just help one another through hard times.</p>

Prehospitalresearch.eu – licensed by CC 4.0

Adopted: August 2016