

Covenant School of Nursing Reflective Practice



<p>Step 1 Description A description of the experience, with relevant details. Remember to maintain patient confidentiality. 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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<p>Step 1 Description</p> <p>My classmate and I had our clinical today at Dove Tree Ranch. It was a very beautiful place with lots of activities and group recovery classes lined up all day. When we arrived, we were able to eat breakfast and listen to the morning intentions meeting. This meeting was interesting to me because I think it is a great way to start the day, addict or not. They go around the room asking each person what their intention is for the day. I think that is something I should start applying to my own daily routine. Starting the day with a positive intention sounds like a healthier way to wake up</p>	<p>Step 4 Analysis</p> <p>I could use my newly acquired knowledge of addiction and my personal experience with my brother to better understand people. Our addiction lectures were very helpful for this and I'm glad we had those before we went to this facility. I did not see very many issues during our short visit, I thought the place was nice and it is a great place to go through treatment at. Other people receiving treatment agreed that this place is very nice compared to other groups.</p>
<p>Step 2 Feelings</p> <p>At first, I was a little nervous because I did not want to make anyone feel uncomfortable or say the wrong thing. Overall, the day went well and the people were so friendly and welcoming. I think today was insightful and reminds me to have compassion for people dealing with addiction. I also felt overwhelmingly sad because I started thinking of my brother who is currently facing the consequences of his addiction. I feel so much respect for these people because they recognized they need help.</p>	<p>Step 5 Conclusion</p> <p>I think with more experience I could have participated more in the group sessions. I think following the nurses could have been a little more helpful for us, but they did not have anything for us to do. I did not mind though, because sitting and listening to people tell their stories of recovery is very inspiring. I think I could have talked more with the people getting treatment and the counselors leading groups.</p>
<p>Step 3 Evaluation</p> <p>I think it was a good day because I was able to get some good perspective from the people struggling with addictions. The counselors who spoke in the process groups were former addicts and I think that was a good way to connect on a better level. It was difficult at first because we weren't given a lot of instruction and had to figure things out on our own but the people there for treatment were very helpful. I contributed by going to the classes and listening to what people had to say.</p>	<p>Step 6 Action Plan</p> <p>Overall, this was a great experience because I got some insight into how some people deal with recovery and the programs available for people. Next time, I would have researched the 12 steps a little before arriving because we talked about it and I wasn't sure what was being discussed. I can apply therapeutic language and active listening skills like the counselors did today with my patients in the future. I will use this experience to hold myself accountable for how I treat people in recovery or just people who struggle with addiction in general.</p>

Adopted: August 2016