

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.

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| <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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Instructional Module: 6

Date Submitted: 09/22/22

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.

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| <p>Step 1 Description I was assigned to do my clinicals today at Dove Tree The Ranch from 0800 to 1600. I was with my classmate, and we were there to observe, communicate with withdrawal patients, and to try to establish a relationship with them. We were given their hourly schedule for the day and were asked to go along with the patients as they participate in their routines. I and my classmate went with all the scheduled activities for the day until it was time for us to leave at 1600. Everything went according to the planned schedules and everybody, including us were able to share some information, feelings, and words of inspiration to one another. I did not expect that everybody in the facility would be so caring and so inspiring to one another as I thought that since each of the patients are battling their own demons, they would care less about the problem of the others. They proved me wrong and at the end of the day, they made me realize that we can all be together in conquering our demons inside. That we are not alone, and we would always have someone, if not everyone to support us to make a change for ourselves.</p> | <p>Step 4 Analysis Most of the patients that were there at the Dove Tree were guys and I think more than 50% of them were young adults, barely in their twenty's. I was surprised to see some people who were so young and so innocent looking to be in there battling for their own survival. I just realized that adolescents are more at risk to alcohol and drug addiction. Some of them had been in and out of the facility for some years and they are still hoping that they would never come back to that place to heal themselves. With that being said, I realized that I am in no position to judge them, to look down on them because they seemed to not be able to fully escape from their addiction. I don't fully understand why after being sober for sometime, they always come back and have relapses. I asked one of them and he just told me he is still confused as to what the real reason could be because he seemed to cannot fully control himself. Who knows anyway why people, after all the determination to be clean and sober, fallback to being more addicted. They talked about the cycle of withdrawal and most people still do not fully comprehend where they are at in the cycle.</p> |
| <p>Step 2 Feelings I was feeling anxious, nervous, and thrilled at the same time when I first got there because I have never been with anyone who was experiencing alcohol or drug withdrawals before. Hence, I did not really know what to expect on the experience that we will be going through today. I was expecting some of the people to be somehow unruly, violent and was forced against their will to be in there. It turned out that I was totally wrong. Most of the people at the Dove Tree were nice, easy going, very mindful of the others, and have voluntarily submitted themselves to the facility to be cured of their disease. Most of the patients were alcoholics, and I think there were only 3 or 4 people who were on drug addictions. I thought that most of them would be minding their own business, but it turned out that they like to group themselves and share their experiences and how they are taking actions to get through the situation. Most of the people wouldn't mind discussing their personal stuff even with students like us and that made me feel acknowledged not as a nursing student but as a human being capable of sharing compassion and empathy towards other people.</p> | <p>Step 5 Conclusion I think the event could have been much better if there was a facilitated group activity in which the patients engage in physical activity like a team building setting. These patients have been depressed and down enough just to be sitting around and basically talking to other people in the facility. I believe they need to engage more in a group physical activity wherein they will be interacting more with others because although most of them socialize in the group, some of them still prefer being alone. According to our lessons, people with antisocial personality disorder have more increased risk of becoming alcoholics. I learned that they have yoga and meditations on other days which is really good as these will improve their concentration and mental health. However, I think that doing a physical activity in which they are able to sweat will also help improve their mental health. As the saying goes, "a healthy mind in a healthy body." Regularly exercising the body will also help remove the toxins out of the body.</p> |
| <p>Step 3 Evaluation I think the good thing about the event is that they have an organized schedule of activities for the day in which most of their activities is about group sessions in which a facilitator leads the group into sharing their own personal experiences, their own personal beliefs, and their own personal take about the disease. I liked how each patient knew in himself/herself that they needed to do something to make a change. That being sober would not only help them but also the people around them especially their families, their children whom they only get to see through zoom calls. Most of them would discuss how they miss their families and their children and that they wanted to be cured from their disease for them. The patients knew that making this step of their withdrawal would require them to be away from their loved ones and it was never easy to do it but they are trying their best to get through it. Some patients have been in and out of the facility because of relapse that would happen to them once they got outside of the facility. I also liked how the facility guides the patients to accept the changes and better themselves through Christianity, by accepting that there is a higher force that will enable them to change and heal themselves.</p> | <p>Step 6 Action Plan I think the experience of being in the facility and observe the patients with their routines while doing withdrawals was a good boost to our clinical experience. We were able to not only interact with them and listen to them, but also share our own understanding of what they are going through. It may sound like cliché, but we always hear the saying, "never to judge a book by its cover." Well, again, I was reminded of this saying because I went in the facility with my own bias about the patients who were in there. I thought that just like most patients with mental disorder, they would be violent and unruly. I was wrong, but then I acknowledged them and recognize that they are human, capable of repeating the same mistake over and over again. The good thing about it is that they have accepted this shortcoming and have acted on it. They are human beings who also seek changes and betterment. They have helped me open my eyes better to the misjudgment and bias they experience because of their addiction. I now know better. This experience will help me with my future as a nurse who will care for all no matter what their disease is.</p> |