

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>I honestly was not sure what to expect while attending an AA meeting. I was a bit overwhelmed because I wanted to study for Exam #3 but I knew that I should get this done and that way it was one less thing to worry about. When we arrived to the church that was holding the “Celebration Recovery” meeting I was told by the lady that was hosting the meeting if we could stay the two hours because she didn’t want us to miss out on the whole experience. Once I saw other people showing up I started to feel somewhat emotional because we were there as student but those people took that step to admit they have a problem and are actively seeking help for it.</p>	<p>Step 4 Analysis</p> <p>There was several men there that were there due to being required by court to attend several AA meetings. So they were real kept to themselves when asked to state name and what they are addicted to. In a way I feel that a broader issue could arise from the fact that they are not taking ownership of their addiction and a bit irritated that they are forced to be there and not by choice. I feel like they will benefit from the meeting more if they were going into this with an open mind. But it showed different perspectives of where people are in their recovery your journey.</p>
<p>Step 2 Feelings</p> <p>Listening to the testimony of someone who had been recovering from alcohol and drug use for over ten years was inspiring because he admitted even though it has been this long he said he will always work on his sobriety because you never know when something or someone can trigger your past habits to come back. He said he still</p>	<p>Step 5 Conclusion</p> <p>I feel like I could have participated more at the meeting. I know I am not struggling with a addiction such as alcohol or drugs but maybe when the music was playing even though I did not agree with the song choices I could have at least sang along with the rest of those who were singing to at least be in the moment more. Also not be so shy when asked what are names were and why we were attending the meeting. I learned that it is okay to seek help from</p>

<p>has a sponsor to help him in moments where he needs someone to confide in. It was nice to see someone openly claiming their faith and not be afraid to give thanks to his faith in helping his recovery and relationship with friends and family. It made me think about myself and reflect on anything that may be considered a addiction. In a way you can say I'm addicted to food and my phone. I am an emotional eater whether its happy or sad. Also having my phone constantly on it and checking social media is a bad habit I need to break out of because I need to live in the moment and put the phone down.</p>	<p>others when the struggle that is making their life hard becomes overwhelming. Or also before the problem gets bigger than what it is that is when you want to seek help early to take control of your life and that way you have a better quality of life.</p>
<p>Step 3 Evaluation</p> <p>The bright side to the event was that the two women that ran the meeting were very welcoming and made it a safe space for people to open up about their struggles if they felt like sharing because it is up to them whether they want to or not. The only thing that I feel should be updated or could have been better was the music choices. They played two songs from YouTube but I feel like if their going to make it more of incorporating faith into the recovery process then it should have been more up to date worship songs because it seemed like the song choices didn't fit the event. Also I feel like they should've explained more what the 12 steps were and the meaning of each one instead of just reading them out loud and that was it.</p>	<p>Step 6 Action Plan</p> <p>I feel like I don't see much advertisement for AA meetings or support groups like that out there on television or social media. But since everyone is more than likely to have access to the internet it isn't that hard to find a meeting to fit your schedule so I guess that is a good thing. But its hard to know what resources are out there if they aren't exposing the public to what can be available to help change peoples lives. This experience will further improve the care for my future patients because you never know what people are dealing with in their every day life. Also I have to realize that I could easily be in their shoes because life is unpredictable and anything can always be taken away from me. I just hope with the coping skills that I have learned throughout this module that I will be able to decompress a situation and work through it in a healthy manner mentally and physically. Truly appreciative that we were able to attend an AA meeting because addiction and struggle has no discrimination.</p>

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