

# 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.

<p><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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*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.*

<p><b>Step 1 Description</b> I joined the AA meeting today at Hub of the Plains at 1730 in the afternoon. There were 18 participants in the meeting including myself and the facilitator. Most of the people involved in the meeting were alcoholics and there were few who were addicted to substance abuse. When I went inside, I did not have the time to introduce myself as a student to all of them who were in there. They asked me if it was my first time joining an AA meeting and I immediately said yes, and they asked me to take one of the seats. I think the facilitator knew right away that I was a student because of the verification form that I was carrying with me, and she greeted me with a very pleasant smile and told me that she is glad that I was with them today. I also politely greeted her back and joined them as they started the meeting. We started with a prayer, and they started to read their textbooks and their laminated traditions.</p>	<p><b>Step 4 Analysis</b> They knew that there was something wrong and the reason that they are in the AA meeting is because they wanted to solve the problem, they wanted to change for better not just to benefit themselves but also their family who they have been longing to be with for a long time. Some patients shared that they missed their family so much, especially their children and they wanted to make up the lost years with their loved ones. One patient shared that he is going to have another grandchild with his youngest daughter and that he wanted to be there for his grandchild because he could not be there for his daughter. It was heartwarming how these people have struggled with their withdrawals so that they can start anew. They wanted to better themselves and make up with their families and I really appreciate how step by step, they do everything to get a chance of living a normal life again. One guy shared that he wanted to be sober and be clean just so he could join the family barbecue party again. These simple things that we take for granted are the things that were taken from them when their addiction took control of them.</p>
<p><b>Step 2 Feelings</b> At first, I was really nervous and felt really out of place because I do not know anyone in the group. Most of them have known one another for a while and they seem to be comfortable talking and interacting with one another. I did not know what exactly to do and what to feel except that I just need to be open-minded, welcoming, and active in participating with the meeting. I actively listen to them as they shared each of their experience and how long they have been sober. When it was finally my turn to introduce myself. I told them that I was a nursing student, and I was in there to listen to them and share what they wanted me to share. It was embarrassing at the first part because they each introduced themselves as either an alcoholic or an addict and most of them have thought that I was either an alcoholic or an addict barely attending my first AA meeting. The reason why I said that is because two older guys who were alcoholic applaud me for being in there and encourage me to not give up and that since I have started the healing process, I should not let anything destroy the healing process.</p>	<p><b>Step 5 Conclusion</b> The simple things that brought their families together were lost because they could not control themselves whenever they are drunk or intoxicated with substance abuse. I can feel in the way they share that they long for their family's warm welcome, hugs, kisses, laughter, and love. I can sense that they just wanted to belong once more, they just wanted to be accepted once again. Some of them have been sober for more than 11 years and they are still attending the AA meeting because they wanted to share how they have made it through and what happened along the way as they continue to heal. Some participants stayed quiet and mentioned that they were just in there to listen. Maybe it was just their second time participating and did not feel comfortable yet about sharing their experience or maybe they just don't feel sharing their business at all. A woman shared that she was not really the type of person who shares her business to others, and that she did not really feel comfortable joining AA meetings because she did not like it, however, she said that she just felt great for being able to finally open up and had the chance to talk in front of other people.</p>
<p><b>Step 3 Evaluation</b> The event was good in a way that each of the participants was given an opportunity to express themselves and you can see clearly in the way they interact and encourage one another that they seemed to care, that they seemed to let you know that somebody is listening to you, and that you are not alone on whatever it is that you are going through. It was just a little awkward in my part because they expected me to be there as an alcoholic or an addict and was ready to share my experience. I could have shared at least some of my experiences of being intoxicated and cursed myself of the consequences that happened while I was drunk, yet I stayed quiet and told them that I was there to listen to them. I did not know if sharing something that is short of their experience or suffering would make them feel better because I did not really know how they feel. I just thought that being able to tell them that I am here to listen would be emphatic in way that I knew; that I did not pretend to know things that they felt or knew because I truly did not know anything. I may be able to explain how it happened and what could have been done so that they did not end up being addicted but they already knew in themselves about it and what to do get rid of it.</p>	<p><b>Step 6 Action Plan</b> I think the experience about the AA meetings have provided me with a wider sense of understanding these types of people who wanted to belong to the community once again, who wanted to be accepted and be loved one more time. I felt that because of their addictions, they had become ostracized not only by the community but also by their families who were supposed to be there to provide support for them. Who am I to judge the families? I did not know what they went through when they dealt with their addicted family members, but I wanted to understand more why some of these people were marginalized by the communities that they belong to. It is very worrisome to think that what if everything starts to fall apart and there is no one who will support you, how will you start to get through this situation? How can you not give up when everybody else have given up on you. Lucky for these people, they still had family members who showed concern about their wellbeing and provided support just so they can start healing. I do think that having someone, even just a single one, who believes in you will mean the greatest support to become better and change and bring back things the way they were.</p>