

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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Instructional Module: **6**

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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>The AA meeting was very emotional to attend. I got to hear the participants share their stories and experiences with addiction whether alcohol or drugs. The topic discussed pertained to the effects on the family. They shared their outlook on life, their experiences, their strengths, and their hopes. They were vulnerable and straightforward with their sharing on their current situations and status in life.</p>	<p>Step 4 Analysis</p> <p>From my gathering, one can say that alcoholism and drug addiction effect not just one's immediate family, but the generations to come. Each patient shared that this encounter with drugs or alcohol didn't start with them, but they too encountered drugs due to their parents and/or grandparents. Now, their children and grandchildren will have to experience the same cycle unbeknownst to them. It is scary to see how far it reaches. I feel the issue is that no one wants to talk about it at the dinner table or that shame hinders the opportunity for such discussion.</p>
<p>Step 2 Feelings</p> <p>The feelings I had during the open discussion were of empathy, sadness, hope, and enlightenment. The stories they shared were filled with so much wisdom. These individuals have dealt with life on both sides of the tracks, in healthy and unhealthy ways. it was joyful to hear how long these people had been sober but also sad to hear that every day was a battle to remain clean. It was devastating to hear how many lost connections to their families because of their addiction and the grief stemmed from that.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I have learned that addiction can strike at any time. One with a family history of addiction is at greater risk of the disease and addiction doesn't have a specific target. Addiction desires to attack anyone and everything in it's path. I was also present to the reality of how many people struggle with alcoholism, until this point, I was ignorant to that number. I was also present to the fact that one's entire family is effected whether the family admits to it or not.</p>
<p>Step 3 Evaluation</p> <p>I was very thankful for the openness and the welcoming aspect of the group. They interacted with us as if we had always been a part of the group. Sadly, I can't say that people on the "other side" receive them in the same manner. When sharing circled to me, I was open with my experiences in life and welcomed them into my life as well. I was present to the realities of life and how one decision can change that in an instant. Addiction has no bias and is designed to destroy.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel that more education should be provided about mental health and addiction in younger school ages. almost every addiction is created by child hood trauma. I feel that I have been empowered to pick up on subtle cues of additive behaviors and plan on utilizing those tools in my nursing practice. This experience had prepared me to listen to my patients and has taught me why being nonjudgmental in the nursing setting is crucial. No person has desired to become an addict. lose their families, and live day to day battling a demon within.</p>