

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, 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>Step 1 Description A description of the incident, 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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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>Step 1 Description Aubree and I attended an AA meeting together at Hub of the Plains where we observed how a typical meeting is conducted. We introduced ourselves but announced that we were just there with school and that we were there to observe. The people there took turns going around the room introducing themselves and discussing the topic of the day.</p>	<p>Step 4 Analysis I was able to apply what I know from class and my personal experiences with family members who have struggled with addiction to this situation by being nonjudgmental and listening to what each person had to say. Everyone there had a different experience with substance abuse, but they were able to relate to each other through speaking of their individual struggles. I believe hearing about everyone's perspectives helps me better understand why people struggle with addiction and recovery.</p>
<p>Step 2 Feelings Driving up to the meeting I felt nervous because I didn't know what to expect or if we were going to have to talk a lot. As the meeting took place, I became more comfortable, and I was interested in what each person had to say. I feel like gaining different perspectives on how people deal with recovering from addiction and resentment in their own individual ways helps me gain empathy and understanding for this population.</p>	<p>Step 5 Conclusion I feel like the meeting went well and there isn't much I could have added to the situation to have made it better. I think just being there to observe was beneficial for me and the attendees.</p>
<p>Step 3 Evaluation I think it was easy to sit there and listen to these people talk about their struggles with addiction and how they take recovery one day at a time. I think they did well with being open and honest with what they were thinking or feeling and that made it easier for the other people at the meeting to open up about themselves. I tried to contribute by talking to some of the members after the meeting was over in order to make them feel seen and heard even though I haven't struggled with addiction.</p>	<p>Step 6 Action Plan Overall, I believe I can take what I heard from this meeting and apply it to my nursing practice because I'll be able to listen to patients and provide a nonjudgmental environment. In the future, I can also tell patients about this meeting and be able to provide a resource for them to aid them in staying sober because the people at this meeting were very open and welcoming which is beneficial for those needing a place where they feel like they can belong.</p>