Covenant School of Nursing Reflective

Student Name: Gabbi Bristow

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.

Step 1 Description This week, I attended an AA meeting at the Southwest group. In this meeting there were about fifteen people total in attendance. We listened to their traditional meeting speakings, and then got to hear from each person who was willing to share, on how they are doing, what they are grateful for, and how the group has impacted them. We also introduced ourselves to the group, and had the option to share any input we had or anything else we wanted to speak on. One thing that really stood out to me at the end of the meeting was one of the members who came up to us and introduced himself. He explained to us that he was glad we were there and that he was a nurse two years ago and was working on regaining his license. This man offered to help us/tutor us if we needed the extra help, and he also talked a little bit about his history, as well as why he attends the meetings.	**Step 4 Analysis** Throughout the meeting, there were many different emotions that each person demonstrated. There were several people that were very joyful and hopeful seeming, but there were others who seemed emotional and explained that they were experiencing a hard time. Seeing this in person gave me a deeper insight as to how addiction affects everyone in such different ways. Attending the meeting also showed me how healing and overcoming their addictions was an enormous process, and takes complete dedication and willingness, to accomplish. I also noticed how even though some of the people at the meeting had been sober for the same amount of time, they were on two different journeys and while one may be doing really well, the other may be
Step 2 Feelings Going into this meeting, I was a little nervous, mainly because I had no idea what to expect or how the people in attendance would react to students being there. As the meeting began and progressed, I felt much more comfortable and like I was in a safe place. Everyone was very welcoming and made me feel appreciated and comfortable. It was also very nice to meet the man who came up to us at the end of the meeting. He was very encouraging to us, and it made me feel empowered as well. There was also another lady who spoke to us after the meeting who made me feel really inspired and proud of being a nursing student, as she thanked us for coming, and explained to us how important it is to have people like us who are caring and compassionate for people, regardless of their situation	**Step 5 Conclusion** In conclusion, I actually really enjoyed attending this meeting and getting to meet some new people, and hear their stories. I think that attending this meeting really opened up my mind and showed me a different side of things that I had not experienced before. I felt really honored and inspired leaving the meeting, knowing that I am in a profession where I could potentially impact someone's life, or help them overcome something similar to what these people have experienced. After attending the meeting I was amazed at how people from such different backgrounds were so similar and that everyone was so encouraging and supportive of each other. Attending this meeting showed me just how important these meeting and groups are for the people who attend them, and how much the group has

Prehospitalresearch.eu – licensed by CC

Covenant School of Nursing Reflective

Step 3 Evaluation	Step 6 Action Plan
I feel that attending the meeting went very well overall. I was inspired by hearing the different stories of each person, and how determined everyone was, even though they face struggles and temptations daily. I think that it was really interesting to hear how the meeting is performed, and how each person was so open and honest about their story, as well as their challenges with sobriety. I also think that it is really neat how the people that attend the meetings regularly have all become close with each other and love and are always there for each other. It was also really fascinating to see how long some of the people that were present, had been attending the meetings, some even after years of being sober. Seeing how each person had a different part or impact on how the meeting was ran and operated was really neat and inspiring.	Attending this meeting is an experience I will never forget. I will carry this experience along with me throughout my future career as a nurse, and apply what I learned from each person and their stories into my practice. Getting to experience this group and listen to what everyone had to say was truly inspiring to me, and opened my eyes to what these people have gone through, and continue to go through on a daily basis. I also really liked getting to experience this first hand and in person, because I feel like it made me more aware of certain struggles and triggers that some people experience, that they may not come out and tell someone they just met, especially in an uncomfortable environment such as a hospital. This experience also showed me that I may care for someone struggling with alcoholism or addiction anywhere that I work, considering all of these people were very different, in different stages of life, from different backgrounds, and all different ages. All in all, I really appreciated getting to attend this meeting, and plan on using the things I have learned and heard

PrehospitalResearch.eu – licensed by CC

Covenant School of Nursing Reflective

Student Name:

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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan

Prehospitalresearch.eu – licensed by CC