Gabbi Bristow

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.

Step 1 Description This week for clinicals, I went to The Ranch at Dove Tree. Throughout the day, I got to follow some of the residents around, hear their stories, and observe the activities they do. When I first got there, I got to meet the residents, and hear their intentions for the day. After that, we went to a yoga class followed by a check in with their counsellors. After the check in meeting that lasted for about an hour, we went to lunch, where I met even more residents, and heard some touching stories about their lives and how they got to be in difficult situations. One lady that really stood out to me, was very emotional throughout her time there, and shared her story and traumatic experiences that led her to start doing drugs. Following lunch, we went to music therapy which was a really neat experience, allowing everyone to pick a song, and then after hearing the song, they explained how that song related to them/their sobriety.	**Step 4 Analysis** Seeing and hearing the different stories from the patients at Dove Tree gave me a much deeper insight on the development of the addiction and the factors that contributed to the patients' addiction/struggle with addiction. I had always known that addiction was a very real thing, and that many people struggled with it, but I was not aware of all the factors that can contribute to this, and the factors that can enhance or begin people getting addicted to drugs or alcohol. I found that several people described becoming addicted to certain substances to cope with trauma that they had experienced throughout their lives. Some described being abused, witnessing horrific events, or even being involved in drugs and gang violence for money. The patients' described the instances leading them to trying drugs or alcohol for the first time, and stated from that point on they have struggled with the substance. Hearing this was very interesting to me because I had not necessarily thought about how traumatic
Step 2 Feelings Going into Dove Tree, I was eager to experience this side of the medical field, because I have never cared for or spent time with patients going through drug and alcohol rehabilitation. Throughout the day, I was extremely touched by the people I got to spend time with. Hearing the different stories of these patients was really touching and oftentimes made me emotional. Even though I had only known these patients for minutes to hours, I felt very close and connected with them after hearing their life stories, the struggles they face, and how their addictions began. Hearing from such young people about how they struggled with addiction and seeing them get emotional made me feel very sad and made me want to help them in any way that I possibly could. Although it was a very emotional experience, I felt inspired by these people's willingness and desire to change, get help, and get their life back on the track they want it to be	**Step 5 Conclusion** In conclusion, I really enjoyed getting to attend Dove Tree this week, and getting to meet many people who touched my heart. I learned a lot about these patients in such a short time, and really loved getting to attend some of the therapy sessions, and getting to experience the vulnerability that these patients portray in these meetings. Being at Dove Tree showed me a much different side of nursing that I had not yet experienced, and showed me the importance of therapeutic communication and how it is so beneficial to the patients. I not only liked getting to know the patients and getting to listen to their stories, but I also really enjoyed getting to be at Dove Tree and getting to see how it is setup, and the different houses and offices and what they are used for. I truly believe that being here this week opened my eyes to a different perspective on patients who struggle with addiction and substance abuse, and that this experience gave me a newfound respect for these patients and the healthcare workers who care for

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Step 3 Evaluation	Step 6 Action Plan
Overall, I feel like my time at Dove Tree was very beneficial to my learning experience. I found it to be really interesting to see how addiction has affected each and every person there in such a different way. I also thought that it was very fascinating that every person there was coping in a different way and with different emotions. I really enjoyed getting to talk many of the patients, and seeing how some people were really open, outgoing, and willing to share their personal experiences, while others were more closed off and did not want to share. One thing that I found really neat and unlike anything I had seen before was the music therapy. I thought it was a really good and engaging experience for the patients, as they were able to not only listen to music that was meaningful to them, but they were also able to describe their feelings for the song and how they relate to it, as well as give their interpretation and meaning of other songs that were played. This activity and therapy session offered a great discussion opportunity and got everyone talking in a fun and effective manner	Overall, I learned a lot of valuable information during my day at Dove Tree. I will take the information I learned and apply it into my future career as a nurse, as I will be caring for people who struggle with addiction anywhere I work. I learned that not only is addiction a very real thing, but it is very hard to overcome and takes full dedication and support to get well. I plan to carry this experience with me in my nursing career and keep an open mind and not make any assumptions as to what my patient may be experiencing. I also believe that I will not be quick to judge after spending time at Dove Tree, because I have learned that everyone has a different story, and that a patient's past experiences and trauma can have a direct impact on why they are in the situations that they are in now. I am very grateful for this experience and getting to visit this facility, and have a much different and deeper insight on these patients than I did before this clinical rotation.

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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.

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

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