

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?

Covenant School of Nursing Reflective Practice

Name:

Instructional Module:

Date submitted:

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>I went to an Alcohols Anonymous meeting with one of my classmates. We attended the meeting October 25th. There were a lot of people that had attended the meeting. We just sat at the very back and observed and listened to the people talking in the meeting. Everyone else that was in the meeting mainly talked and they read out of their book they use for meetings.</p>	<p>Step 4 Analysis</p> <p>I have learned that just listening can do a lot for a patient. I learned that once these people have accepted their addiction and they seemed to be very accepting people. I was scared they were going to be really intimidating, but they were really nice. They gave us a warm welcome and loved talking to us after the meeting was over. I learned that you should not judge people before really getting to know them.</p>
<p>Step 2 Feelings</p> <p>I was really nervous before walking into the meeting. The meeting was in a not so good part of town, so that is why I think it made me so nervous. The meeting was very interesting and I had learned a lot from just listening. At the end of the meeting I was glad I went.</p>	<p>Step 5 Conclusion</p> <p>I don't really know how we could have made the situation better. I feel like it was not my place to talk while the meeting was going, since I am not an alcoholic or an addict. I think that the members of AA did a really good job of being engaged. Everyone except for a couple of people spoke.</p>
<p>Step 3 Evaluation</p> <p>I honestly really enjoyed the meeting. I really liked how open and nonjudgmental everyone was. It was really difficult to hear everyone's stories and how they have to fight their addiction every minute of everyday. The partner I went with and I just introduced ourselves as nursing students and just sitting in for the meeting. The outcome was way better than what I was expecting it to be.</p>	<p>Step 6 Action Plan</p> <p>I think overall the AA meeting went really well. It was cool to be able to see this outside of the hospital and a rehab. I am glad I was able to see an AA meeting. I feel like it really opened my eyes on how alcoholics and addicts function on a day to day basis. It opened my heart towards alcoholics and addicts and made me empathize with them.</p>