

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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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 with Alexandria to South West AA group. It was a little hard to navigate where the meeting was being held because there were a few rooms. I sat on the outside of the main tables and there were about twenty-five people who attended. I just observed and sat there and listened to what they were saying during the meeting. The people who attended expressed how the meetings have been changing their life and how much they grew. The end result was joy to how far they came.</p>	<p>Step 4 Analysis</p> <p>Addictions are very serious and could be life threatening. They effect a person mentally and physically. Addiction runs in my family. I see how hard it is to stop something when you constantly think about it, crave it, or it's a distraction. I sense that they all just needed a distraction from what they were going through. Everybody was very supportive and everybody's journey was different.</p>
<p>Step 2 Feelings</p> <p>I went in very open minded not feeling anything. I know a lot of alcoholics, but I am not close to them. It was eye opening to see their perspective and their why. I truly enjoyed the experience. These people are so strong. The place was Christian based, so they prayed and talked about how God has helped them through it all. I felt so proud for them and just happy to see them recovering.</p>	<p>Step 5 Conclusion</p> <p>Everybody played their part perfectly. I was a listener and did that job well. The situation could not have gone any better than what it did. I learned how no matter how far you go you're not too far gone from God, support, and help. I learned you are not alone. When you get knocked down get back up and try again and keep trying. There were people who failed many times before but still tried to recover. Take one day at a time.</p>
<p>Step 3 Evaluation</p> <p>The good thing was seeing how much support they had and hearing about their recovery journey. There was nothing bad that came from the experience. I listened very well to what they had to say. I didn't know what to expect going into it but it was so amazing to hear their testimonies. Everybody there was so kind and welcoming. It was a very non-judgmental environment which I loved.</p>	<p>Step 6 Action Plan</p> <p>I loved gaining a new insight and perspective of what those people went through and seeing it from their eyes. This new information is very helpful and will help me to be a better nurse and person. I will be able to empathize with them. I will never truly know what everything they went through and felt, but it's a step closer. I found a great AA meeting that I could give them information about. The experience was a great reminder to never give up, don't judge anyone, and that nobody is too far gone for help.</p>