

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 to Dove Tree with Stephanie, and I had a great experience. We followed people to their group sessions/classes the whole day. Everyone we talked to was super nice and welcoming. The classes were very educational and made me think about my life. The topics that day were about resilience, being a people pleaser, and music therapy. We sat in the back of every class just sitting in and listening. The result was so good I loved listening and hearing how far they have come.</p>	<p>Step 4 Analysis</p> <p>Statistically 50-90% of people relapse. There were people were in there for their second time. Addiction is a disease, and it doesn't care who you are or what you look like anyone can be affected. Everyone had a different story and perspective which was so good to see and hear. I loved how everyone who worked there had a past of addiction and could understand what they were going through. This allowed to people to feel comfortable and feel more understood. They all needed help and someone to believe in them. The staff was great, and they really wanted help and were striving for better.</p>
<p>Step 2 Feelings</p> <p>I was feeling good and excited to be there. I was thinking how nice the place was. I found myself subconsciously judging people based on what they looked like/wore. I know you should never judge but I found myself thinking " you would have never guessed him" or " She looks like those rich soccer moms who has it together". I loved hearing what they had to say and hearing how much they progressed and were ready to change their ways. I was so happy for them and genuinely proud.</p>	<p>Step 5 Conclusion</p> <p>There was nothing I could really do but listen, so I did my part well. Everyone played their part well and did exactly what they were supposed to do. Nothing could have gone differently because it played out the way it was supposed to play out and it was such a good experience. I learned that someone out their cares and help is everywhere. I learned that someone won't change unless they are ready. Take one day at a time and rejoice in small victories. I was challenged to think about what I struggle with and finding positive ways to express my anger or negative thoughts which I loved that lesson.</p>
<p>Step 3 Evaluation</p> <p>The good thing was how nice and welcoming these people were. I was happy they felt comfortable having us there to tell stories and be vulnerable. The whole experience went so well, and everyone did their part very well. I did not know what to expect going in but the outcome was so great and rewarding to witness these people change and hearing how far they have come.</p>	<p>Step 6 Action Plan</p> <p>I loved the experience and everything I learned. It was an eye-opening experience to what's out there. It was interesting to see how much of how they were and how their life played out related to ACEs. I will become a better nurse from this. It was a reminder to be nonjudgmental, ask those questions, and just listen to them. I learned to take one day at a time.</p>