

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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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>Yesterday I went to an AA meeting at South West. I really enjoyed it and I felt that everyone was welcoming and friendly. I observed how they run the meetings and how everyone who wanted to talk, talked about their experience. I enjoyed seeing how some of the people have been sober for 30 and 40 years, while others were barely starting their journey. They were so encouraging to one another. A quote that was said that I loved was, "Courage sees fear, and masters it!" - love this!</p>	<p>Step 4 Analysis</p> <p>This situation just goes to show that anyone can suffer from an addiction. It doesn't matter if you or young or old, poor or rich, male or female. They were all different but come together to support and encourage one another along their journey. We as healthcare workers know how important being in a support group is when dealing with addiction. Some of them were there because they were having a bad day and just needed to have a reset and to remember why they want to be and stay sober.</p>
<p>Step 2 Feelings</p> <p>At first I felt nervous because I didn't know how welcoming they would be to me as a non-addict, but they were so nice. As they were going around the room telling their thoughts or feelings for the week, it was my turn. I told them how I was a nursing student that was there just to observe and I told them how amazing I thought they all were. One lady said she loves how the school is making us come to the meetings so that we see that side of the recovery.</p>	<p>Step 5 Conclusion</p> <p>I would not do anything differently. I learned from this event that when overcoming addiction it is so important to have a support network. You have to be ready to work the steps of the program. You have to be patient with yourself because you don't recover over night. Everyone's journey is different. What took one person 6 months, may take one person 2 years. It all depends on the person and how they work the program.</p>
<p>Step 3 Evaluation</p> <p>I feel like the meeting went well, 90% of the people had something to share. What I really loved is how everything came back to a higher power, rather it be God or whatever you believe in. I liked that they were people that you would never have guessed were/are in addiction if you seen them in the street. I also, seen one of the patients that was at Dove Tree when I had went last week there at the meeting.</p>	<p>Step 6 Action Plan</p> <p>I am grateful for being able to have had this experience and I will definitely be using what I learned from this meeting in my future as a nurse. We can't make some one change when they are dealing with an addiction. They have to be ready to change, they will have to work everyday for the rest of their life to stay sober.</p>