

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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Instructional Module: 6

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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>Tonight I attended my first real AA meeting. I have only ever read about them or seen them in movies, so I did I didnt really know what to expect. On the drive there I purposly didnt listen to any music so that I could menatally prepare for what or how it might go. My plan was to show up and slip inconspicuously into one of the chairs in the back of the room. However, When I got there, they immediatly knew I was a student and why I was there and were all very welcoming and even invited me to come back.</p>	<p>Step 4 Analysis</p> <p>When I found out that we would have to attend an AA meeting I thought it a little strange. However, I remember that even within nursing there is a negative stigma around addiction. I believe the point of sending us to these meetings was to remind us that to treat the patient, not the disease. Addicts are in fact sick and deserve the very best care we can provide. They have done the hardest part in admitting their problem and asking for help. As a nurse I get to be one of the few people to provide that help.</p>
<p>Step 2 Feelings</p> <p>.</p> <p>I was a little apprehensive and nervous as I drove to the facility because I didn't know what to expect. I had this preconcieved notion that the people in attendance would immediatly hate me because they knew I was a nursing student there for an assignment, an assignment I really didn't ask for. I imagined that they would be angry and might blame others for their addiction. Man was I wrong, the room was full of honest, remorseful people ready to change their lives. I was immediatly embarrassed by my ignorance. As a nursing student I should know by now that addiction, like many diseases can effect anyone at any time in their lives.</p>	<p>Step 5 Conclusion</p> <p>Having gone through this experiance I'm reminded to stay humble. Addiction is very real and it affects real people. Everyone is fighting their own private battle so be nice. It is important to smile and offer my hand to those who slip and fall whenever they may need it not to be hateful and vindictive.</p>
<p>Step 3 Evaluation</p> <p>As I sat and listened to each of their stories I realized I had a lot more in common with these people than I could've imagined. A lot of what they said made sense, I realized that at one point I was headed down the same road. I have done or been in a lot of the same situations as the people siting around the table. For me, it was a very sobering experiance because I now realize how lucky I am to be in the position I'm in. Something else I learned is that it takes a lot of strength to sit at that table and discuss your life with other people.</p>	<p>Step 6 Action Plan</p> <p>Again, there is a negative stigma around addiction even amongst nurses. I've heard a lot of nurses say terrible things about their addict patients. Healthcare is ever evolving and as nurses, so should we. I want to be a part of changing that narrative for the better. Addiction is a very real disease and should be treated as such. These patients deserve the same care we would give someone in renal failure or cancer.</p>