

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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Adopted: August 2016

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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: For my AA meeting I went to new Beginnings off University. I went with Hallie R and there wee five AA members who also attended. We participated where we could such as prayer and stated where we were from and why we were there. As a result the members were very kind and inclusive and we had a great meeting I think everyone benefitted from.</p>	<p>Step 4 Analysis: From previous knowledge I know that this would be a good place to recommend to my patients who are ready to change their lives and get sober. I think a lot of people do not expect AA to be like it was, but I found out it was a great place to gain support where you may have none at home. A lot of the members have similar stories and needed a place to feel supported so they could get sober and have a better life. For a lot of them they said motivation did not come until they saw other people really succeeding. I think from my perspective I could send someone there and feel like they would receive the proper guidance they need.</p>
<p>Step 2 Feelings: At the beginning I was nervous people would not want us there listening in to their private lives and stories. My overall feeling was a bit anxious especially when we showed up because there was only two people. In the end I felt relieved and grateful after the experience. I think the most important feeling was relief. However, relief could not come before nervousness.</p>	<p>Step 5 Conclusion: I have learned a lot from this experience but mainly not to judge a book by its cover. I think I had some bias going in, but after seeing how the supportl found out this is a great program that is very supportive. My only negative comment would be the all black walls it felt a bit gloomy at first. Some colors and pictures may help brighten the mood. Overall, it was a great experience.</p>

<p>Step 3 Evaluation</p> <p>Overall, the entire experience was great and the whole meeting went very well. Everyone was super kind and inclusive. They did very well making sure that all the members were heard, seen, and appreciated and I think that is so important in places like that. I did not see much where they could have improved the lady leading did a very good job. I think Hallie or myself could have read a passage from the book allowed, but with the nerves it is understandable as to why we did not.</p>	<p>Step 6 Action Plan: My morning spent there was informative and enlightening. I can use this in my future to influence my patients that it will be a good experience. I can say I have been to that one and it would be a good option for those willing to become sober. This experience has shown me the importance that support has on people who want to become sober. By supporting a patient and sending them to supportive resources their lives may change.</p>

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