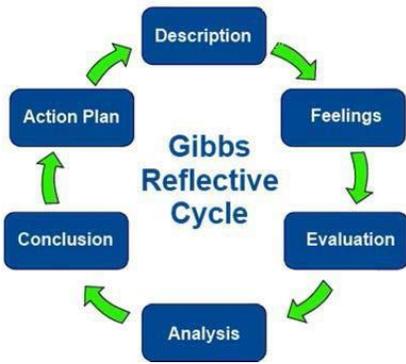


Covenant School of Nursing Reflective Practice



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>I, along with two others in the module, attended an AA meeting at “New Beginnings.” We were introduced to the founder of the group and were invited in to listen in on the meeting that was about to occur. The meeting started with the serenade prayer and the reading of the twelve steps. There were six attendees who spoke about their life and experiences with alcohol. Once the meeting was over, we all joined in a circle and recited Psalm 23 before everyone went their separate ways.</p>	<p>Step 4 Analysis</p> <p>Up until today I don’t think I have ever spoken with a recovering alcoholic. My only experience has been with current alcoholics who do not think they have a problem. Because of my experience today, I gained some insider knowledge about how an alcoholics mind works and how they think. I hope that I will be able to share some of the wisdom I gained from this experience with those around me and most importantly to my family. Alcoholism and additions are most definitely an epidemic going through our nation right now. I think that is important that we as nurse have the resources and knowledge to share with those we are treating.</p>
<p>Step 2 Feelings</p> <p>Before I arrived at the meeting, I was very nervous and skeptical because I didn’t know what to expect. I was also kind of scared because I have several close family members that struggle with alcoholism and I wasn’t sure if the meeting would trigger me. Once I got there and started listening to all the people talk, I realized how silly I was for worrying because these people are just the same as me. The only difference is in the choices we have made. Hearing their stories made me feel grateful for where I am and I also gained a lot of respect for those that are trying to seek help and find a better path in life.</p>	<p>Step 5 Conclusion</p> <p>If I could go back to the last few days and change my thinking about what today was going to look like, I would. The people were much nicer and more open than I was expecting. The whole experience was much more pleasant than I originally expected. I feel like had I know how great this experience was going to be, I would have had a better mindset going into it. However, I do know 1 thing after being in that meeting and that is that I am blessed and I’m grateful to have God by my side.</p>
<p>Step 3 Evaluation</p> <p>I would say that this experience was definitely a good one. I feel like I gained a lot of insight and maybe even learned a thing or two about what to say to some of my family members struggling with alcoholism. It was also a difficult experience putting myself out there and stepping out of my comfort zone. I’m glad I had friends there with me and it was also great that the people were so welcoming and open to talking with us. Overall, I would say that the outcome of this experience was much better than what I had envisioned.</p>	<p>Step 6 Action Plan</p> <p>Overall, I believe that this experience is one that I will carry with me from now on. Over the course of 1 hour, I learned and realized so much about myself, my family, and those around me. I never truly realized how hard in must be for someone to actively seek help daily for a condition that has no cure. I always see AA meetings in movies and TV shows, but there is something different about being at an actually meeting. There is a sense of belonging and purpose that you can’t understand unless you have experience it. All in all, I’m grateful to have experience this.</p>