

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: Megan Dull

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>We actively participated in Rehab at the Dove Tree Rehabilitation center. We got to socialize with the residents and got an understanding for their side of things. We participated in the classes and followed the residents schedule giving us a view of their daily life there. We did yoga, processing groups, music therapy and so on. We had lunch with the Residents as well. I even made a friend with someone I had no idea I've known for awhile.</p>	<p>Step 4 Analysis</p> <p>We haven't done any psych lectures yet so it would be difficult for me to tie my experience into recent literature. Something that i always think is useful so experiencing something that would equip me to be a better patient advocate and 100% i feel this did that for me. All of these people were harder on themselves than any of us could be and they are and easy target to judge. It's pretty human to be inclined to judge a person and as a nurse they are in their most vunerabale state. So being able to understand and support them, especially with patients like this would make a world of difference.</p>
<p>Step 2 Feelings</p> <p>I really didn't know what to expect. I had only recent heard about Dove Tree so I was anxious to see how things went there. I have a family member who struggles with addiction so I knew this was going to give me some perspective I lacked. I got exactly that. I met someone there who was very close to my circle and we talked the whole time and it was really nice. Sitting though the classes and seeing the support they get from the staff who all have struggled with sobriety really made it feel like this place was set up for success. Also some people are required to be there while some chose to and seeing the difference in their attitudes I feel will be helpful for me with a patient on the floor who doesnt necessarily want to be there or be admitted involuntarily.</p>	<p>Step 5 Conclusion</p> <p>I was super nervous at first, I though they would be annoyed with us there sitting with them because we get to leave at the end of the day. To them we appear we don't have substance issues. So they might of not wanted us there. I was so wrong. My favorite people on this planet are people who have been through a lot because they usually are the most understanding and genuine people and that showed this. I wish I would of started chatting with more of them earlier on. It honeslty made me start researching volunteer oppurtunities there, I don't think there are any but to say the least I loved this Clinical day.</p>
<p>Step 3 Evaluation</p> <p>I would say everything went well. I would advertise to students they might be doing active things, like for example I did yoga for an hour, so thank goodness I wore my roomie scrubs. Maybe have the nurses there describe the care they do for the residents going through active detox. Those would be the only two things I would add. I really loved the epericne and would love to go back. Some of residents really liked having a new face to chat with.</p>	<p>Step 6 Action Plan</p> <p>I feel like I'm starting to get repetitive. One other thing to take away is in nursing there is going to be so may times when you are presented in an uncomfortable situation and if you go in open minded, the opportunity to learn from it is so much greater. I will use the pererspective I have gained into substance issues into my practice as a nurse.</p>