



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, document each step. The suggestions in the boxes may help you as you reflect on the incident. 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 incident, 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?

Covenant School of Nursing Reflective Practice

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description I was assigned to go to The Ranch at Dove Tree Rehab Center for my Clinical day on 3/28. I was with another classmate of mine and our roles for the day were to go to classes and to do activities with the patients and really just get to see their side of things and get to know them and see how they experience the rehab on a day to day basis.</p>	<p>Step 4 Analysis I just think this will change my outlook on addiction and rehabs overall and also give me more opportunities to now when it comes to my knowledge about rehabs because even though it was only a day I feel like I learned so much more than I knew before and that's incredibly helpful especially if my patients need recourses in the future.</p>
<p>Step 2 Feelings I think at the beginning I was a little shocked and maybe confused I wasn't really sure what to expect in the first place and I guess I assumed they would be on very strict schedules, but everything was very relaxed and there was a lot of down time in the rehab. Being there and doing the activities made me feel a sense of peace and community which felt important to me because it made me realize how much that is needed in this this group of people and how effective it can be.</p>	<p>Step 5 Conclusion I think it would if been kind of cool to see what the nurse got to do when it came to the detox stuff, we did not really get to see anything on her part she only wanted us to follow the patients which I understand but if we ever wanted to go into that side of nursing it would be nice to know the medication side of it and have that experience.</p>
<p>Step 3 Evaluation I think it was good for me to see in a sense because of my personal experience of my mom having to go to rehab so much growing up and I never really understood what that meant so getting to actually see a little of what that process looks like was very eye opening to me. I very much expected it to be different and I'm not sure what I was expecting but just something much more different. I very much enjoyed getting to know people and hear their stories and hearing how they have grown and fallen and are trying to better themselves and the tools they have used to do that.</p>	<p>Step 6 Action Plan I really enjoyed being able to go to this facility and I think it is a once in a lifetime opportunity. I am very thankful for this and I think it is a wonderful idea for students to be able to learn from patients. I will be able to apply this experience in many ways in the future especially if I do end up going into med-surge like I am wanting to.</p>