

Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 04/06/2023

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<p>Step 1 Description</p> <p>I chose to go to the southwest AA group meeting with another classmate. We decided to go on a Thursday, and I personally was very nervous to attend. I felt as though I might be intruding on those that were attending the meeting. I sat there in a circle with all the members as each one introduced themselves and their feelings. I was there to observe how an AA meeting operates and mostly just actively listened to the feelings and vulnerability of each member.</p>	<p>Step 4 Analysis</p> <p>I was aware that there was meeting for this topic but I didn't have much knowledge until hearing lecture over substance abuse. It makes sense that there are many contributors to continuing sobriety. I think everyone takes a understanding of different perceptions from each introducing because while someone was sharing I realized there was a lot of head nodding in agreeance. I notice how much support plays into an AA meeting the members know each other and communicate with each other outside of the AA meetings. It makes sense to need a foundation of support aid in the continuation of sobriety.</p>
<p>Step 2 Feelings</p> <p>At the beginning as I entered the building I was very nervous and I'm not entirely sure why. I was so hesitant to walk in and having to introduce myself to the group. The event helped me to understand the reality of the struggle of an alcohol addiction and how much it could impact a persons life in so many ways. I'm glad that this was a mandatory experience. The most important thing that I was able take away from this was the change in my perception of this topic.</p>	<p>Step 5 Conclusion</p> <p>I do not believe there could have been something that would of improved my experience at the meeting. I strongly believe each participant stuck to their appropriate role including me as the observer/listener. Im not sure what I could of contribute more than what I did which was a openness about the topic and active listening. I learned that support is a major tool for continuing sobriety. I also learned that there is a "Big book" and steps that are used in this journey.</p>
<p>Step 3 Evaluation</p> <p>It was a good thing to have to go and find a meeting and sit through one instead of just talk about the process during lecture. I'm not sure that there was anything that I would perceive to be bad about this experience. It honestly was a very easy process to find a meeting, call to verify meeting, and showing up. The only thing that was difficult for me was getting out of my comfort zone. The experience was very similar to what I thought would take place and I was not disappointed by the experience. Everyone that wanted to share seemed very open when communicating their struggles, feelings and thoughts. I didn't have much to contribute besides listening.</p>	<p>Step 6 Action Plan</p> <p>Overall I believe this was a great learning experience. I don't think there could be something that I would have to change if having to experience going to another AA meeting. This has reminded me to provide non judgment care to all patients. I think that this could be a good resource tool to bring up when helping a patient that is wanting to begin sobriety. I could actually give more insight instead because I have actually sat through a meeting and my patient may feel more trusting. I must be aware of many different aspects of nursing to be a well rounded nurse.</p>