

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.

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 • 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?	Step 4 Analysis • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	Step 5 Conclusion • 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?
Step 3 Evaluation • 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?	Step 6 Action Plan • 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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Instructional Module: IM 6

Date submitted: 4/5/23

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description Today, I attended an AA meeting at the Southwest Group location. As I made my way in, I was greeted by a group of people in a small room, where the table was positioned in the middle of the room and chairs were all around. The meeting began with going over the 12 Steps and each of their transitions. After that, a member from the group read an excerpt for the night, and each member went around and expressed how it related to their situation. When it got to me, I introduced myself as a student nurse and let the members know how much I appreciated them for letting us sit in on their meeting and listen to their story.	Step 4 Analysis Some things that I learned about the AA meeting tonight that was mentioned in the literature, is that everyone has to make amends with the people they've hurt before they began their recovery with attending AA meetings. They must also take responsibility for their actions, which is a huge part of the recovery process and staying sober. Another thing mentioned in the literature is that it is very difficult for someone to get through their addiction and stay clean on their own. This AA meeting was the perfect example of how they all gave each other the support they needed through all these years. As they were sharing their stories, 3 of them had similarities of how a family member or loved one was going through an addiction and sought AA meetings to help them better understand the disease. Now they help others through their recovery.
Step 2 Feelings I was terribly anxious at the beginning, as I felt that I was invading this groups privacy, as they have all been attending meetings at this specific building together for years. They continued to welcome Kirsten and I as newcomers, and I didn't know how to tell them we were just students, as I was afraid they wouldn't let us sit through the meeting. When it got to my turn as everyone was telling their story around the table, I introduced ourselves as nursing students and what our purpose was for being at the meeting. Though we were alcoholics, they continued to be very welcoming and encouraged us to come back. One thing that they their stories had in common was that AA meetings saved them.	Step 5 Conclusion I don't feel like anything could of made the meeting any better than what it was. Everyone was so open and vulnerable to sharing their story with strangers and it was the most beautiful thing. They were very welcoming and even invited Kirsten and I to an event they're having sometime in May. One thing I could if did differently would be more open to the opportunity. But I am very glad we got the opportunity to attend this meeting.
Step 3 Evaluation Hearing everyone's story was very moving. Majority of them had been sober for over 25 years, yet continue to come to these meetings every week as they have built such a close bond with each other. I loved to see how supportive they were of each other, and though I was just a student, they encouraged me to get through my studies and to come back. They were all so well at giving their undivided attention to their friends as they went around the room, even though they already know their stories. Another thing I liked was how all their attention really went to the newcomers. They made sure we were all comfortable and felt welcomed.	Step 6 Action Plan