

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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Instructional Module: IM6

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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>I spent the day at Dove Tree alongside one of my classmates. We met the staff as well as many patients that are staying on the grounds at The Ranch. We showed up and introduced ourselves and were given the choice of sitting at the table until 10AM or we could go sit elsewhere until 10AM. My classmate and I decided we would join the clients on their morning activities. We started our morning with Yoga and then we went to all of the classes that our patients attend throughout the day.</p>	<p>Step 4 Analysis</p> <p>I feel like other experiences were different than mine from what I have heard or been told. Dove Tree is a clinical rotation that will bring you out of your shell if you allow it to. We saw alcohol abusers, drug abusers, and so many other people who were seeking help but they looked just like we do. There are many contributing factors that give these patients a bad image when in all reality they want to have a second chance just like the rest of us. That is something that isn't really taught it is more of an observation thing in my opinion.</p>
<p>Step 2 Feelings</p> <p>One of the things that affected me the most was our patients verbalizing that none of the other students participated in their morning activities with them. This hurt me because those people are just like we are but just took a different turn in their life than what we did. I enjoyed getting to know those patients on a deeper level. They were very open and honest about their lives and what had occurred with them to lead them to this point. I hope that being in their lives for that short amount of time, I hope that I was able to make a positive impact on them.</p>	<p>Step 5 Conclusion</p> <p>My situation at Dove Tree was great! We jumped right in and made ourselves at home. The patients verbalized how much they enjoyed having us there that day and how much they enjoyed getting to know us. I feel like others could have made their situation better by jumping in when they were invited to do something. We did yoga, picked up trash, spoke during group time, and ate lunch with our patients. The main thing that I learned was that even the most "normal" looking people can suffer from a mental illness. There were some patients that I saw at Dove Tree that looked so "normal" and if I saw the outside of there, I would NEVER have guessed they were suffering from anything. It changed my perspective about people and to never assume that they are fine just because of what they look like on the outside.</p>
<p>Step 3 Evaluation</p> <p>I loved my experience at Dove Tree. It was very refreshing and eye opening to see what the patients go through on a day to day basis. It was completely different than the image I had painted out in my mind. Seeing the avenues that nursing can have, brings me peace of mind to know that it is so much deeper than just doing bedside. I could see myself being a psych nurse at some point in my life because I truly feel like my personality brings a positive impact.</p>	<p>Step 6 Action Plan</p> <p>I will carry this with me throughout my nursing practice because of how much these patients impacted me. I will continue to treat all of my patients with compassion and kindness because I will never fully know what is going on behind the scenes in their life and they will never know mine either. I wouldn't change anything about my experience because it gave me a new look at nursing away from bedside. I thoroughly enjoyed my time at Dove Tree and I hope that they continue to accept our students for years to come.</p>