

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

# Covenant School of Nursing Reflective Practice

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Instructional Module:

Date submitted:

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

<p><b>Step 1 Description</b></p> <p>I went to class like yoga, check in, co dependency, and music therapy. The therapy at Dove tree seemed to be as good as you put into it. We picked up cigarette butts for codependency. Lunch was free and it was nice to talk with the patients. We also were not aloud to use our phone because the patents were not allowed to either.</p> <div style="border: 1px solid black; width: 100px; height: 15px; margin: 5px auto;"></div> <div style="border: 1px solid black; width: 100px; height: 15px; margin: 5px auto;"></div>	<p><b>Step 4 Analysis</b></p> <p>I have heard other student not having as of good time as I have and I think its because I put myself out there because they will let you do nothing if you dont want to. You have to jump in there and be willing to act like a patient. The sooner I did this the sooner the patient relationship showed. With the patients I earned trust and learned a lot about their story. Breaking that barrier was beneficial.</p>
<p><b>Step 2 Feelings</b></p> <p>At first I felt weird about interacting but as the day went by, I realized they were just normal people who are seeking help. I relaxed as they did and I think we felt <del>the same way about each other. Treating everyone as as a human and not worried about their past is the best</del> feeling. Yoga made me feel ready for the day and I felt grounded. I went into the therapies with an open mind and ready to learn.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think it would be a better experience if the therapies that we went to could've been a little more structured. But overall, I learned a lot and learned about the dynamic of dove tree and the services they offer. There needs to be more services like this out there. I really enjoined the fact that this is there and that people have the ability to get better at their own pace. These nurses need all the recognition.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was mostly good, except the therapies that I observed did not seam to benefit the patients. I think they only benefit them if they are really willing to put in the work. I saw that some did this and learned it was for their kids and so they could get them back. And I also say the ones that just were there because they were forced and do not want anything out of it in the long run. It was interesting to see.</p>	<p><b>Step 6 Action Plan</b></p> <p>I will use what I learned in the care of all my future patients weather or not they are diagnosed. I will take care of them and be aware of what I say and do to make sure they are taken care of mentally and physically. Mental illness is so broad and as a nurse I will need to be able to care for all. Being sensitive and using therapeutic communication. I will use what I learned at Dove tree to build on this principle.</p>