

## 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>

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Instructional Module: IM6

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>We had the privilege of going to Dove Tree which was actually really close to my house in Shallowater. It is off of I27 heading north and I'm shocked that I never knew it was there. We got to the facility and were greeted by some residents that took us to the nurse's station. There we meet a few nurses and were instructed to follow the schedule that they had for the day and to just follow the clients and see their experience. It ended up being an extremely eye-opening experience for me and I'm glad I got the opportunity to go.</p>	<p><b>Step 4 Analysis</b></p> <p>I'm hoping that I can come out of this experience with more empathy for people who suffer from addiction. The broader issue for me is realizing that these are everyday people, and seeing how they could potentially get discriminated against really bothered me. I hope that in the future, if I were to get a patient under these circumstances, I would treat them with respect and kindness. Seeing people there that were my age, was a huge eye opener for me, especially when they talked about getting better for their children. That made me extremely emotional, because I just put myself in their shoes, and I couldn't imagine how hard that could actually be.</p>
<p><b>Step 2 Feelings</b></p> <p>At the begging, I'll be completely honest, I was hesitant to go because I think I had a negative bias towards any rehabilitation center. I didn't know what symptoms the patients might have, and I wasn't confident in my abilities to handle that situation if it were to come up. I came to realize that these are everyday people coming in that are facing addiction and that it could happen to anybody. I was shocked to realize just how "normal" they were. I learned so much from this experience and I feel as if I learned a lesson in empathy. I would want anyone who took care of me in that situation to approach me with kindness and empathy.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have done better research on the facility before I went. It was all so new to me and I was kind of thrown off by everything because it was my first time there. In hindsight, I would have liked to visit a few days earlier to maybe get a tour of the facility beforehand and maybe get the schedule then. I learned the flow of the Dove Tree rehabilitation program and saw how these patients were treated, both medically and through other therapies. It was a great learning experience, and I might consider this line of work in the future for sure now.</p>
<p><b>Step 3 Evaluation</b></p> <p>The program as a whole seems to be very affective in helping people in this situation. Everyone was positive and had a tremendous attitude. You could tell they wanted to get better; it was palpable. The staff out there worked so well with the patients, and you could tell there was a therapeutic relationship between the two (patient and nurse). Raleigh and I did well with participating in group activities and tried to keep the patients feeling as normal as possible.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this experience was eye opening and very beneficial towards my nursing career. Getting to put eyes on an actual Psych patient was nice to see for the first time. I can honestly conclude that the disease of addiction is a real thing, and anyone can become a subject to it. These people at the facility aren't crazy, they are just normal people who fell off of the path and are needing a little extra help getting back on. I hope to take these experiences with me to my future nursing career and help any patient that I have, conquer or at least try to get help to treat and mental disorder that they may have.</p>