

## 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 - AA Meeting

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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><b>Step 1 Description</b></p> <p>We had the privilege to attend an AA meeting at New Biggening's on University Ave. We made a phone call to the agency that held the meetings, and we made a time to go at 8:30-9:00 AM. There were about 12 members that showed up and they ranged from alcoholics to addicts. Each person shared how they were going through their life and how they were coping with their addiction. It was a very humbling experience for me, as I saw firsthand how bad these people are struggling with addiction. We sat to the side and observed as these people poured out their hearts to one another, it was honestly very special.</p>	<p><b>Step 4 Analysis</b></p> <p>I'm hoping that I can take what I learned from this meeting and apply it to my future nursing career when dealing with a patient who is suffering from alcoholism. The broader issue that was highlighted to me was the fact that this disease could affect anybody. Addiction is so prevalent in our society and as nurses I would assume a lot of our patients that we are going to encounter will more than likely have a connection to addiction. Whether it be the patient going through an addiction or a family member going through it. It is vital that we look at the patient as a person and not a diagnosis.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of the day, I was curious as to how many people would show up at such an early time, but sure enough there were plenty of people there and they were ready to get stuff off of their chest. I was curious as to how the meetings were structured and how people benefitted from this. This meeting made me fully aware of how incredibly dangerous alcohol can be and how addicting of a substance it is. There was a quote that was said that blew me away and made me realize how many addicts are out there, and how quickly they can go into a manic episode - totally out of character- just to get a fix. It was extremely humbling to see these people rely on one another as support systems, and to be a shoulder to lean on when triggers come up.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made this experience better by probably doing more research on AA meetings before I went. Everything was so new so the tensions where kind of high towards the beginning of the meeting but, everyone was kind and welcoming so that feeling quickly dissipated. It was slightly early in the morning, and I didn't have my coffee just yet so I could have woken up early to set myself up for success, but I didn't. I learned that addiction is so easy to fall into, and it is an extremely dark and deep place you can go if you do get addicted. It's an even harder path to cross when you want to get sober, and EVEN more difficult to maintain sobriety.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about these meetings, is that it's a common place for people who suffer from alcohol addiction, to meet up and talk through how they strive to live a healthier lifestyle. It was difficult to hear how these people suffered on the streets and how this disease made them do unthinkable things. It was very uplifting to hear that they were making efforts to maintain sobriety. It's not an easy thing to go through or live with. At the end of the meeting there was just a common theme of positivity and thankfulness that filled the room, and with that, I feel like it helped the people want to come back again.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think that AA meetings are a necessity in our society. To help people who suffer from addiction, and to have a place to freely talk about how to live a sober life and how to maintain that lifestyle. I concluded that alcohol can be extremely harmful and dangerous and the road to recovery after being addicted is insanely difficult. From hearing everyone's outlook on their addiction, I hope to draw understanding from them and apply it to my future patients. This experience taught me to never judge a book by its cover and to treat anybody dealing with mental health issues with the same compassion as any of my other patients.</p>