



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, document each step. The suggestions in the boxes may help you as you reflect on the incident. 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 incident, with relevant details. Remember to <u>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. personnel / patients / colleagues?
<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?

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description Today, April 18, 2023, I was able to spend the day observing at The Ranch at Dove Tree. I was able to follow patients throughout the day to their various treatments, group therapies, and activities. It was interesting to see the approach to rehabilitation that Dove Tree takes and the wide variety of individuals receiving and providing services. Everyone was very nice, welcoming, and willing to answer any questions we had. It was a great experience overall.</p>	<p>Step 4 Analysis I think this was a great experience because it changed my perspective on patients with addictions. I will be able to offer a lot more compassion and understanding now that I have seen what they must go through to get sober. One issue that I have with the rehabilitation is that with each group session, they must introduce themselves with their addiction. I understand that it's important for them to identify themselves and admit to everyone that they are an addict or alcoholic, but I think it can lead to them getting stuck with that label. If words impact our RAAS and what we say to ourselves often becomes true, then what is the benefit of having them introduce themselves as "alcoholics." Does the benefit outweigh the harm of that label? And why can't we just have them say "my name is blank and I struggle with alcohol abuse."</p>
<p>Step 2 Feelings At the beginning I wasn't sure what to expect, but I wasn't expecting what I saw. Honestly, I wasn't anticipating on having such a heavy and depressing day. It was hard to see people who were struggling with addiction and missing their families. I understand why each aspect is necessary and that they chose this, but I still found myself getting sad placing myself in their shoes. It was also sad to hear their stories of how they ended up at Dove Tree and what their childhoods were like. It made me realize that it could be anyone in their place and how lucky and privileged I am.</p>	<p>Step 5 Conclusion What I learned from this experience is that addiction does not discriminate. It can affect anyone, at any time, and from any background. I always had this preconceived notion that all addicts were tatted up with gruff appearances and weird behavior. But I learned today that they are normal people just like me and that there aren't many differences that separate us. I think that if more people saw how prominent addiction is and how much it destroys lives, maybe they wouldn't be so careless or give into peer pressure so easily. It made me think of my own family history of addiction and helped solidify my decision to set boundaries with myself around alcohol.</p>
<p>Step 3 Evaluation I was blown away by the positivity each patient and staff member exhibited. Nobody that I saw had a bad attitude and each person took an active part in their recovery. You would think that since they have multiple meetings a day with such heavy content that they would be more somber, but that isn't the case at all. I don't think this was difficult at all, but it left me with a lot to think about. I think that the system of following the patients around instead of the nurse was a really good way to see the other side of rehabilitation.</p>	<p>Step 6 Action Plan What I would like to take away from this experience is the importance of not judging a patient by what's in their chart or the addictions they may struggle with. I hope to see the humanity in people and adjust my care to meet their needs while not enabling them. I am grateful for this eye opening experience because I believe that it will make me a more well-rounded nurse. I can't really think of anything that I would do differently next time. It was a really great experience.</p>