

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: 6

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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>On April 26, 2023 I was able to visit Dove Tree which is an inpatient rehab facility. When I first arrived, I was greeted by the nurse who allowed me to observe them doing med pass to several people. Before they got started, they did obtain vital signs and asked if they had any questions or concerns. I was then directed to the womans bunk area where I was greeted by several of the patients staying there. They did notice my scrub attire and asked how far I was in Nursing school. All the patients I interacted with were very sociable and friendly.</p>	<p>Step 4 Analysis</p> <p>Having studied mental health issues and their affects on people helped me understand that it is a disease and it can affect people of all races, backgrounds, and social backgrounds. I am also thankful for the lecture on schizophrenia before I arrived so that I could prepare myself for what I saw with that one patient. The research that we had to do for sim and respond to my peers was helpful to understand many disorders such as major depressive disorder and alcoholism. I was able to participate in a reflective exercise where the counselor asked me to participate in. I was a bit nervous about it but after doing so it was a release that I didn't even know I needed.</p>
<p>Step 2 Feelings</p> <p>Before arriving to the facility I was apprehensive about the people and the programs. I was fearful that they might be angry and hostile towards staff and any guests. I was also afraid that I was going to say the wrong thing and deter or interfere with their treatment. I had severe anxiety wondering if my own issues would obscure what I was there to do. I thought that I might cry hearing all that they were going through knowing that I could relate in some way.</p>	<p>Step 5 Conclusion</p> <p>My experience might have gone better if I had not gone in apprehensive. Maybe if I volunteered at some of these types of facilities, I would have been more at ease. I have learned that mental health and addiction do not discriminate and it affects so many people on so many different levels on a daily basis. In the future, I will try to find ways to volunteer any help because there is such a need for caring individuals. Everyone there deserves compassion and people who will not pass judgement on them.</p>
<p>Step 3 Evaluation</p> <p>In the beginning it started out well. I was able to talk to some of the patients about the different types of programs that they had and what all they participated in. I was able to learn that they attend an equine program on a weekly basis and they have a busy day of activities and programs throughout the day. It was a little rough when one of the patients who has schizophrenia was running around and trying to hit things with a wooden mallet. No one detained the patient or even acknowledged the patient which I was little mind boggled about. I did not contribute to helping him because I honestly did not know how.</p>	<p>Step 6 Action Plan</p> <p>I did not see the nurses interact with the patients on any other level of care besides medication and vital signs. I think it is important to observe their patients not just in a one way of thinking but more of a holistic approach. I definitely feel like there is a need for more mental health nurses and social workers to fill the gap. I will be using the tools that I learned about in my own life. They taught me that there are stages like pre-contemplation, contemplation, preparation, action and maintenance.</p>