

## 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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Adopted: August 2016

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Name: \_\_\_\_\_ 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>Today I attended an AA meeting. I went with my brother and sister-in-law who are both recovering alcoholics. I attended as an observer and just listened to everyone's stories and what they had to say.</p>	<p><b>Step 4 Analysis</b></p> <p>I feel like the impact of different perspectives plays a huge role in AA. Although many of these people go through the same things, they are all at different points in their timeline. Having someone encourage a person that is in a worse spot than them really benefits the person.</p>
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<p><b>Step 2 Feelings</b></p> <p>In the beginning, I was excited and slightly nervous just because I did not know what to expect. However, the words and action of other members in the group made me feel very calm. The most important thing I felt was inspired. I felt inspired by all of these people's strength and determination.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall, everything went great in the meeting. The main thing I learned was how just being surrounded by people going through the same struggles as you can have such a positive impact on your journey. I learned to be supportive and sometimes the best thing to do is just listen.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about the meeting was how encouraging and supportive all the members were towards each other. I only listened but I feel like I showed good empathy and support to the members participating. At times it was difficult to hear about their past regrets, but it was encouraging to hear the progress they had made in their sobriety.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I had a very positive experience at the AA meeting. I think it will help me better understand and treat patients that may be struggling with addiction or recovery. I also think I will attend more meetings in the future because it was inspiring to hear all the stories and progress that had been made.</p>

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