

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.

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 - 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?	Step 4 Analysis - 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. - 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?	Step 5 Conclusion - 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?
Step 3 Evaluation - 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?	Step 6 Action Plan - 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**

Date submitted: **9/24/2023**

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description Myself and two other students went to our AA meeting together. Prior to getting there, I really wasn't sure what to expect, but I think I expected the meeting to be held in a much bigger room than it actually was. We arrived and walked towards where the meeting was, to find a little room filled with people drinking coffee. It was a little intimidating at first, just because I knew I wasn't there for the same reasons they all were. However, we quietly went in and sat down towards the back wall. Those attending the meeting quickly pegged us as being nursing students. They asked us to say our names in front of the group and then they proceeded to welcome us with open arms. It was nice to know that they were more than happy to have us in attendance even though they knew we were students observing.	Step 4 Analysis I personally have a handful of loved ones in my life that are unfortunately abusing substances. For years, I've tried to help them on my own and push them to get better. I've since realized however, that I can't do that for them. They themselves have to make the conscious decision to get better on their own, for themselves, no one can make that choice but them. Growing up, I of course knew of AA meetings, but I never actually knew what all they entailed. Having seen it for myself though and having had the opportunity to listen to those attending, I not only have much more of an appreciation, but a better understanding. I now feel confident in what I can offer to not only my loved ones, but patients alike when they're needing resources or guidance.
Step 2 Feelings Like I mentioned previously, I was a bit apprehensive when I first walked up to the door of the room the meeting was being held in. So many people, in such a small room, there was no hiding that I was there. Leading up to us having to introduce ourselves to the group, I was so worried that they would feel invaded upon. Knowing that we weren't there for the same reasons they were, I was afraid that they wouldn't be happy about our listening in on their stories. Fortunately, however, I was very wrong about that! They welcomed us like no other and even encouraged us to come back. I left the meeting feeling appreciative overall of how kind they were to us, when they really didn't have to be.	Step 5 Conclusion This opportunity was one that I know I'll fondly look back on for some time. As I mentioned above, I have people near and dear to me abusing substances. It's always been hard to watch and even more difficult not having an alternative or a positive option to offer to them. Substance abuse is hard when you're the onlooker, sure, but I can only imagine how hard it is to actually experience as the one struggling with it. Knowing that things like AA are available to those ready to seek help is incredibly reassuring. Knowing that when my loved ones are ready, I can confidently recommend a support group like this one for them to safely go to is comforting to say the least.
Step 3 Evaluation Overall, I felt as though the meeting was very well structured. You could tell that those attending had been there before and knew how it all worked. They didn't just jump right into talking about their personal lives, they first started with talking about goals for the group that week and different things the group needed to accomplish. I felt like it gave a sense of belonging. Those leading the meeting even ensured that we, as visitors, had the book they were reading out of, so that we could follow along. It was nice seeing how it all worked and seeing how each week, the members get new prompts and new things to think about and focus on. I think it was just really nice to see AA in a different light. I know now that it's more of a community for people to go and support one another, no matter what hardship they're facing at the time.	Step 6 Action Plan Overall, I personally really enjoyed this clinical experience. It was nice to sit in on a meeting and experience it in person. Getting to hear other people's stories and their thoughts on what was going on around them was incredibly refreshing. Life is hard and they know that all too well, so it was nice getting to hear their outlooks on life in general. Experiences like this are great because it gives me another tool to add to my toolbelt for when I find myself needing to offer resources to a patient or even a loved one. Not only do I know about the resource, but I can now say that I've experienced it myself and know what to tell those considering it what they can expect.