

Covenant School of Nursing Reflective



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"> • Whathappened? • 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 importantways? • 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?

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Step 3 Evaluation <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?	Step 6 Action Plan <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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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>Step 1 Description</p> <p>I attended the Alcohol anonymous (AA) meeting in the afternoon. There were around 20 people and the role I was playing is observing the meeting.</p>	<p>Step 4 Analysis</p> <p>What broader issue arises from this event is the amount of people that are addicted to alcohol is high. When I arrived at the meeting, I did not think that there were going to be this many people attending the meeting. I think some of these people's experiences are similar because some have lost someone that they love, and that event leads them down to this path. The important of different perspective could help these people on seeing different path that could help them withdrawing from alcohol.</p>
<p>Step 2 Feelings</p> <p>At first, I was excited to attend this meeting and thought to myself is how will this meeting is going to help these people to withdraw alcohol. As the meeting go on, I started to listen to different people on the reason that they started drinking alcohol and it was an eye opening because I thinking this is similar to group therapy because it could help these people to see other people perspective and could help some people to think in a different way. I think the most important factor is realizing that they are addicted to alcohol and how alcohol has affected their life.</p>	<p>Step 5 Conclusion</p> <p>I think overall the meeting was good. What I have learned from this meeting is not all people that is addicted to alcohol are the same as the stigma is have put on them and they are trying their best to get back the life that they wanted.</p>
<p>Step 3 Evaluation</p> <p>What was good about this meeting is that the people in the meeting know that they are not the only person getting addicted to alcohol and they can get the help that they need. What other people did well is how they share their story and also helping others to understand they can withdraw from alcohol because there are people that is also on the journey of withdrawing alcohol.</p>	<p>Step 6 Action Plan</p> <p>After attending the meeting, now I understand the reason many people attend the meeting because it could help them to see that they are not alone on the journey to withdraw alcohol and different perspective could help some to find a path that could help them. How I will use this experience to better my practice is to listen to the patient better and I could ask the patient if they want to attend meeting like these because I see the result of other people have withdrawing from alcohol from months up to years being sober.</p>