

## 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.

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| <p><b>Step 1 Description</b><br/>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><br/>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>   |

# Covenant School of Nursing Reflective Practice

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Date submitted: **9/27/23**

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

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| <p><b>Step 1 Description</b></p> <p>I attended an AA meeting at the Southwest AA Group on Wednesday, Sept. 6th at 5:30 PM. I attended with approximately 10 other CSON students. We attended as guests and we were only involved by introducing ourselves briefly at the beginning of the meeting. There were approximately 25–30 attendees who were not a part of CSON. the hosts and the attendees were all very welcoming.</p>  | <p><b>Step 4 Analysis</b></p> <p>The lessons from module 6 in therapeutic communication have been very helpful as I will definitely chose my words more carefully as a nurse. Additionally I will work to seek clarification when communicating while trying to minimize my own person biases. I think that the most important lesson I can take from attending the meeting is that we need to approach every patient with empathy because we never know the steps that have led a person to struggle mightily with alcoholism. It is easy as humans to judge others even though we have never walked in their footsteps.</p> |
| <p><b>Step 2 Feelings</b></p> <p>I was somewhat anxious as the meeting began because it was my first time attending a self-help group meeting. My anxiety was quickly put to rest as the hosts and all of the attendees were very welcoming to our group. The meeting began after the hosts read through some of the AA guidelines and reading from the AA big book. The hosts meeting also discussed a couple of the 12 steps before they opened the floor to attendee testimony. I was most moved by the varying testimonies from attendees. The testimony varied from very upbeat and positive (happy) to very sad and almost hopeless. The most important aspect of the meet was the strong sense of community support for one another throughout the meeting. It is clear that the group is the strongest support system for many of the attendees.</p> | <p><b>Step 5 Conclusion</b></p> <p>There really is not much I could have done to make the meeting better since I was only an impartial observer, but I do think that the lessons in therapeutic communication have been very beneficial for me as a person and as a future nurse.</p>   |
| <p><b>Step 3 Evaluation</b></p> <p>The best part of the meeting in my opinion was listening to the attendees as they described their personal experiences with alcoholism. It was very eye opening to hear about the effects of alcohol on each of them and their families. The testimonies were all very moving. One young lady described her journey and talked about how her sobriety changed her life. She is engaged to be married late this year and has mended the damaged relationships with her family. On the opposite end of the spectrum, a man talked about possibly hitting "rock bottom" soon as his wife was divorcing him and he is in danger of becoming homeless soon because he cannot hold a job. My emotions ranged from feelings of happiness and hope to feelings of compassion and sadness.</p>                                     | <p><b>Step 6 Action Plan</b></p> <p>I really enjoyed visiting the AA meeting at Southwest AA Group. The exposure to this group will help me grow as a nurse and also to be a more understanding person overall. I will use the lessons learned to view the affected population through a more compassionate eye and hopefully to be a better nurse by using therapeutic communication.</p>  |