

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 the 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?

Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Instructional Module: Date submitted: 11-7-2023

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>Upon entering the meeting, there were many different faces and people of different races, ages, etc. Despite everyone's differences, everyone came in with a single goal, which was to share their story during the AA meeting. It was November 6, 10:00 AM, and the entryway smelled of cigarettes. I entered the premises timid and overwhelmed. I went with two of our classmates, who were also overwhelmed with the new environment. The role I played was the reader of the "twenty-four hours a day" passage. The passage was from the perspective of an alcoholic who is trying to move past their past and live in the now without falling into the temptation of liquor. Others read passages from different books or printouts. The preamble was the longest, but it stated their expectation of the group and demanded respect for each person who participated that day. I think it was a good way to set intentions for the group.</p>	<p>Step 4 Analysis</p> <p>I have a better understanding of people who are struggling with addiction after attending this meeting. I feel like our prejudices can get the best of us, especially if we do not know much about the issue. When we act upon our prejudice, it becomes discrimination. I would hate to be discriminated against, and now I have a better understanding of how people struggling with addiction can feel when given care in a medical setting. Based on the National Institute on Drug Abuse, share that people who are struggling with addiction often face stigmas, a set of negative attitudes/stereotypes, that can negatively impact an individual's health. Negative bias from society is hard enough, therefore, as health caregivers, we need to be open-minded and avoid discrimination to give the best care we can to people struggling because giving bad care will cause these people to avoid seeking health care, overall.</p>
<p>Step 2 Feelings</p> <p>I was overwhelmed. There was a lot of new information shared by the group. They explained their expectation of the event and stated the boundaries they expected everyone to respect such as "no interrupting others while it is their turn to speak". I felt nervous initially, however, after being immersed in the meeting for an hour, I felt human. I felt like the energy was very raw and the atmosphere was a humbling experience. I enjoyed it very much because, at the end of the day, we are all just people no better or worse than one another, just living our lives. There was so much wisdom from people who had deeply reflected on their experiences and mustered the courage to share. My favorite one was "I can choose to share my poison, or I can choose to share my peace." I kept that line with me after the meeting because it doesn't have to apply only to alcohol. It can apply to anything in life. The most important feeling I experienced was gratitude I was thankful for everyone sharing their experience and thankful that these people were so human; so flawed, but putting their ego aside to share their story hoping it could change someone's life.</p>	<p>Step 5 Conclusion</p> <p>What I could do to make the situation better is lend an ear and remain open-minded. Others would do the same and respect one another by not interrupting when others are sharing their piece. I do not know what I could have done differently because I believe that I came in with an open mind, ready to learn about what AA meetings are about. I learned that everyone in the AA meeting is seeking to better themselves, be it from drugs or alcohol. Overall, everyone is just human and living their lives.</p>

Step 3 Evaluation

The event was very organized. There were boundaries, and there was expectation. I felt like it was a very open community. I don't think it was bad at all! It was easy in the sense that they made us feel comfortable, and not judged. They knew we were students, and they felt a bit worried that they were just "taking our time" but this was very important for me to have experience because it can allow me to not jump to conclusions about future patients who are struggling with addiction. Maybe it was a little difficult for people to share at first, but to them, this was their moment to have their word heard. The organization of who speaks next went well. I read my little booklet, and I think that went well. Everyone had a role to read some excerpts and that went well. I don't think anything went wrong. I contributed by lending an ear and I enjoyed hearing each person.

Step 6 Action Plan

I am extremely grateful to have attended an AA meeting. It was the first one I have ever participated in. It was a very humbling experience. I felt good getting to hear what others wanted to share, in hopes that their wisdom from their experiences can help others. Next time, I would have shown my nursing school paper after, because they recognized that we were students and immediately assumed that they were "not interesting" or "wasting our time", but they absolutely did not! They were very sweet and wise. I can apply this experience in my everyday life because everyone deserves kindness. In the future, I can apply this experience to my care for my patients. I want my patients to feel human, not a stigma. I don't want my patients to feel like a "statistic". I want my patients to continue to seek care when they need it because that could save their lives.