

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>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 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: 11/8/23

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>Step 1 Description</p> <p>I attended the 0900 AA meeting at New Beginnings. We held the meeting in a small part of the building, all sitting around a table. It was very welcoming, and the "leader" of the group was kind enough to offer donuts and coffee to myself and the other students in attendance. From what I gathered, all of the "regulars" were in attendance, and I just played the role of observation during the meeting.</p> | <p>Step 4 Analysis</p> <p>I can use this experience to know how to better communicate and care for patients going through alcohol withdrawal. Hearing their stories and some of the events going on in their lives helps put into perspective some of the outside stressors these individuals are facing. For people to have a safe place, such as AA, it gives them the opportunity to express themselves and their feelings and having others know what exactly they're going through. A lot of these individuals had similar stories and it's a good opportunity to receive feedback and possibly words of encouragement that they're lives can change and be better.</p> |
| <p>Step 2 Feelings</p> <p>I honestly felt like I was intruding into the lives of those speaking. I heard stories regarding addiction, families being separated, individuals possibly going to jail, and it made me feel that since I was not an individual there for the same reasons, I was hearing vulnerable testimonies that weren't meant to be shared with outsiders. In terms of how the meeting played out, it was exactly what I expected; individuals going around the room, introducing themselves and the days they've been sober and giving an input on the reading from that morning. It seems that it's a good environment for people to share their griefs about how their addiction has taken a toll on their lives or even progress they've made thus far.</p> | <p>Step 5 Conclusion</p> <p>I don't think I could have personally made a difference to how the meeting went, but I do feel that some individuals could have participated a bit more. I know there was an individual there due to a court order, and they stated there was no need to participate because they weren't an alcoholic. However, I feel that since it was such a safe place, that individual could still benefit by just expressing what was going on and release pent up stress or anger since the group was so open about their personal lives and some court related information as well.</p> |
| <p>Step 3 Evaluation</p> <p>I felt that the meeting started off well, an individual read an excerpt from a book about the topic of the day, and it led into their discussion. This is when everyone went around the room and said their name, days and feelings. The "leader" of the group wasn't shy to ask others to participate, but still accepted those that didn't have the need to share. I was able to introduce myself, I had just said my name and thanked them for allowing me to join them that morning. Overall, I feel that they have a routine in how their meetings flow, and I don't really have any comments of things going wrong, it seemed that the meeting did really well with good interaction and conversation.</p> | <p>Step 6 Action Plan</p> <p>I look at attending this meeting two ways. I do feel that I was intruding the lives of those in attendance, which made me feel "unwelcomed" by some individuals, that maybe my presence prevented them from discussing with the group, however, it was a unique learning experience. This will allow me to connect and provide better care to patients in similar situations and it could help improve the resources I offer to individuals in my care. Overall, it does help gain perspective into what people are overcoming in their personal lives and reminding me as a future nurse, that I should always be cautious that others may be having more difficulty in their day to day lives.</p> |