

## 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><b>Step 1 Description</b> 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> 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>

AA

Covenant School of Nursing Reflective Practice

Name: Mercedes G

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.

<p><b>Step 1 Description</b> I went to the southwest AA group. This meeting was a speaker type meeting so I was able to hear the story of a member.</p>	<p><b>Step 4 Analysis</b> I had been to a meeting before but it was a celebratory meeting where people were getting their chips. I thought this meeting was going to be depressing but it was very uplifting. I didn't really understand what the big book was and how that book can help people so much. They read parts of it at the beginning and it's very black and white, all or nothing.</p>
<p><b>Step 2 Feelings</b> I was very nervous at first. I felt out of place. I was the youngest person in the room. When I walked in there was already a lot of people sitting down and I felt awkward trying to find a seat. When the speaker was talking I felt very proud of her and her accomplishments and I didn't even know her.</p>	<p><b>Step 5 Conclusion</b> I probably would have gotten there earlier for next time so I won't be so awkward trying to find a seat. I learned that there are a lot of different stories for people who are in AA and a lot of different kinds of people.</p>
<p><b>Step 3 Evaluation</b> I'm really glad I went to this meeting. everybody treated each other like family and they were eating dinner together before the meeting. They did a good job of making us feel welcome and not out of place.</p>	<p><b>Step 6 Action Plan</b> I really loved this experience and I think everybody should go to a meeting at least once to hear someone's story to change how people view AA and the people in it. I will use this experience in my future nursing career by seeing people differently who struggle with alcohol abuse. It's not as simple as just stopping.</p>

# Oceans

## Covenant School of Nursing Reflective Practice

Name: Mercedes A

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.

<p><b>Step 1 Description</b> I went to oceans behavioral hospital and was able to sit and talk and color with patients. I was also able to see how and what the nurses chart for each patient.</p>	<p><b>Step 4 Analysis</b> It was interesting to see or speak to someone who was having visual hallucinations like we learned in lecture and who was in denial of having a psychotic break. What he was perceiving was his reality.</p>
<p><b>Step 2 Feelings</b> I was very nervous at first about going to this facility. Once I got in there and started to interact with patients my nerves went away. It made me sad because a lot of people were there for SI. They did the meeting with the whole treatment team and from a patients pov it might be a little intimidating.</p>	<p><b>Step 5 Conclusion</b> This experience really humanized people with mental health disorders. I was nervous and didn't know what to expect in this clinical rotation. I think I was stand off-ish at first and I think I could have missed patient interaction time. The second day I felt more comfortable and not as nervous about interacting with the patients.</p>
<p><b>Step 3 Evaluation</b> It was difficult at first to try and get out of my shell and interact with the patients. Once I did I felt good to talk to them and color with them. I was nervous of making them feel like they were animals in a zoo being observed. It was a little hard when a patient made comment about "black magic" and his spiritual attack. I wasn't sure how to respond.</p>	<p><b>Step 6 Action Plan</b> I loved this experience and I will be able to apply the new communication skills to my future nursing practice. I wish that we would be able to be at oceans longer and see how patients get better over time.</p>