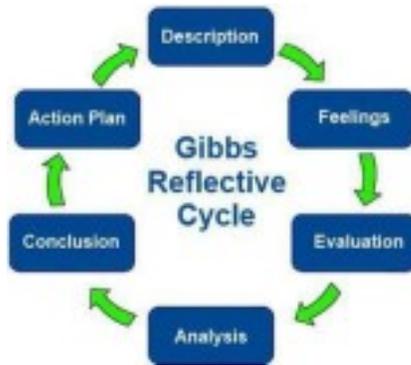


Covenant School of Nursing Reflective Practice



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. • How were you feeling at the beginning?</p> <ul style="list-style-type: none"> • 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:

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 went to an alcoholics anonymous meeting in where I encountered a large group of people and then when the 10am started it was a much smaller group. I arrived towards the end of the larger groups session so I got to see the difference between the smaller and larger AAA meetings. I did not identify myself as a student and simply stated my name and that I had nothing to share for today.</p>	<p>Step 4 Analysis</p> <p>People are trying to do their best to recover from their addictions by confiding in one another. They can have a small community of individuals who are going through the same struggles as they are and may be in various stages of recovery.</p>
<p>Step 2 Feelings</p> <p>I felt very overwhelmed from the beginning because it was a new environment and it had a different feel. With people I would not normally be around unless they were in the hospital as my patient. The room was painted fully black with blackout curtains blocking the window and door. The entrance to the place was in the back of the main road with a bunch of people gathered around the door smoking cigarettes. The moment I walked in everyone was looking at me and when people were sharing their stories they would lock eyes with me as if they were venting to me.</p>	<p>Step 5 Conclusion</p> <p>I learned that addiction is a powerful thing and relapses may occur, but that does not mean they have lost. You just have to keep fighting and remember what you fighting for. Never give up and make sure to ask for help if you need it.</p>
<p>Step 3 Evaluation</p> <p>The meeting was overwhelming, but once the smaller group session started you began to feel the vulnerability in the room. It went from an overwhelming situation to a wholesome situation in which individuals went to a very human level with each other. They broke down their walls and shared their current/past/future demons and the struggles they had faced. It was difficult to hear some of their stories because you could not do anything for them, but be there for them in that moment. I contributed to this activity by reading passages that they made me read. I was an active participant when called upon, however, I am not an addict or alcoholic so I did not have that kind of story to share.</p>	<p>Step 6 Action Plan</p> <p>The lessons I learned were invaluable because I never had to struggle with alcoholism or addiction, but there are lots of patients who are withdrawing from alcohol. Now seeing first hand the aftermath of these events, you can see the pain and struggle of these individuals. It gives you more empathy for these individuals.</p>

Adopted: August 2016