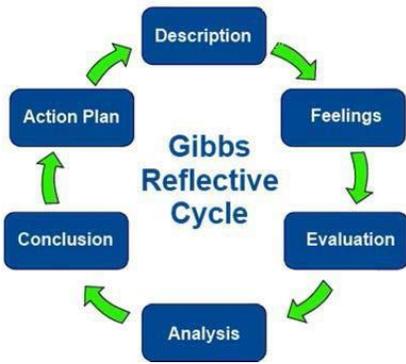


Covenant School of Nursing Reflective Practice



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 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?

Covenant School of Nursing Reflective Practice

Name: Meredith Huber

Instructional Module: 6

Date submitted: 1-19-24

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

Step 1 Description I went to a New Beginnings AA meeting on January 19th. Many people spoke about the topic of the day, faith. Others spoke about how they were doing and how grateful they were to be there.	Step 4 Analysis Hearing other people's perspectives and knowing some of the hardships they have been through can help us understand their perspective. Through knowing their perspective, we can change how we approach or do something and can better their experience. For nurses, if we know what they are concerned about, we can approach a situation knowing that and provide more information or answer a question before they ask it.
Step 2 Feelings I felt a little uncomfortable at the beginning just being in a new place and not knowing how it works. I was surprised by some of the experiences people spoke about (like having gone to jail) because we have such different lives and experiences. Some people felt that God kept being there for them, and they just needed to accept it which was unexpected and surprising.	Step 5 Conclusion I learned more about some common experiences people struggling with addiction go through. I learned that everybody has a complicated history that you can't know about just looking at them. I learned that when people are struggling, we should keep trying to reach out a hand and help them.
Step 3 Evaluation I didn't expect to hear so much about God and how God has been in their lives and impacted them. I didn't think they would have a topic for the day so that was interesting. It was good to hear how some people felt that things were turning around for them and felt positive about what they were doing.	Step 6 Action Plan I can apply these learnings to being a nurse and life in general. It can be easy to not reach out to people, but it can be helpful to reach out if they are struggling. In the future, I can remember this experience to see each patient as a person that needs some help, instead of just seeing that they're an addict, like some nurses I have seen in the past.