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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.

Step 1 Description A description of the experience, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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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Step 1 Description I went to the Alcoholics Anonymous meeting on January 20th 2024. I chose to go to the southwest AA meeting on 66th street. There were about twenty people involved, but I was the only student from Covenant there. I was just listening and observing everyone's comments. The result of this meeting was that I gained some insight on how difficult it can be to deal with addiction.	**Step 4 Analysis** From my previous knowledge, the way members introduce themselves in media was accurate in this meeting. The only sense I can make of this situation is that if you dedicate yourself to following the program, you can be sober and live a healthy life. There were many at the meeting who were embodiments of the program working. I believe the people there truly wanted to get better, and they should keep going to the meetings. This experience gives has impacted the way I will treat and deal with alcoholic patients when I hopefully work in the ER after graduation.
Step 2 Feelings At the beginning, I was feeling awkward about the new surroundings and people. I was thinking at the time that I would not be accepted by the group, but the event made me feel accepted to the point where I felt bad about not being forward about my reasoning for being there. The words and actions of others made me think I should be grateful for the position I'm in right now. The final outcome of the situation made me feel like I should go to more meetings because they gave me a welcome packet with everyone's phone numbers on it. The most important emotion I had about this meeting was empathy. I feel very empathetic about everyone's situations, and I hope they stay sober.	**Step 5 Conclusion** I could have made the situation better by telling them I would not be back to a meeting. They kept inviting me back and I felt bad for not telling them I wasn't an alcoholic. The situation could not have been made better by the others attending; they were great. I have learned not to take alcoholism lightly, and to drink in moderation.
Step 3 Evaluation The thing that was good about this event was the comradery felt by everyone. The only thing that was bad was the coffee, but it was easy to get more. The difficult thing about this meeting was talking about anything when it is your turn to speak. I believe I did too good of a job speaking because multiple members began offering me sympathy when it was there turn. I felt like I was a horrible person for letting everyone there assume I was an alcoholic. When it was my turn to speak, I told them about my grandmother recently being put on hospice, and I believe they inferred I was suffering from alcoholism. I believe I contributed to the meeting because people began speaking about how they relapsed when someone they loved had died.	**Step 6 Action Plan** Overall, I think it was a good experience to have in my life. I can conclude that these programs can be very helpful in sobriety, because I saw so many people trying to better themselves and succeeding. With hindsight, I would like to have told them that I would like to pass instead of speaking because they drew the wrong conclusions about me. In the future, I will be drinking in moderation, and will not overindulge during times of depression. I can apply these learnings to other events by taking alcoholism and addiction as serious as other mental health issues. Doing this will also help me relate to patients in professional practice.