

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?

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Instructional Module: IM6

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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>My first AA meeting. Something that I have wanted to do in the past, but never considered it necessary because hey, I don't have a "problem." I'm just the adult child of an alcoholic that happens to enjoy a social drink from time to time. I'm not the one who has a problem, my dad was! Through all the therapy work I've done along with reading "Adult Children of Alcoholics" surely that was enough, right? That's what I kept telling myself all of these years, anyway.</p>	<p>Step 4 Analysis</p> <p>After having this experience, I am in complete awe at the amount of support and encouragement that surrounds the AA community. I was given a "24 hour" chip after admitting that I had my last drink the day prior. Then during the meeting, a sweet woman discretely walked to me and dropped off a "Newcomer Packet." It filled my heart to see a welcome pack with the names and phone numbers of SEVEN other women that were attending that same meeting. The sight of seven womens uniquely scribbled handwriting on the front of my welcome packet filled my heart with love. Above the list of supportive names and numbers, it states "Need help? Someone to talk to? Make a phone call to someone on the list below... THEY WANT TO HELP!" I cannot truly describe the feelings I felt, knowing that not only was I in a room full of supportive strangers, but seven specific women that extented their personal contact information to me. A newcomer that they knew nothing about, in the hopes that they could be there for me if I needed them.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was very nervous. Being in a room full of strangers, although all very welcoming; I felt vulnerable. I was thinking that they could see right through me. See although I may appear put together on the outside, someone that was lost and out of place stumbling into a meeting room for alcoholics, I feared that they could see that there is something deeper inside me that made me welcomed there with them. Something that we have in common. For many years, I always thought my dads drinking problem only had to do with him. And when he died, that he took it with him. Little did I know that a part of that stayed with me, and although it may not have manifested in the ways that it did for him dealing with his own alcoholic father, a part of that scar will forever be with me as well. As much as I like to think that I have it together, alcoholism has made such an impact on my life in ways that aren't so easily ignorable. Like a scar, that although it may fade, it will always be something I carry with me.</p>	<p>Step 5 Conclusion</p> <p>I think the one big thing I wish I would have done differently is to open up and share my story. Fear kept me silent throughout the meeting, although deep down I wanted to speak up and share my story and background. How I actually NEEDED to be there. Not only for an assignment in nursing school, but how I truly needed to be there as the adult child of an alcoholic, and how that has impacted my whole life. I wish I would have shared my story of my dad and his drinking problem, and how it affected the whole family until the day he died. I wanted to open up more and let them know that I did in fact need to be there, outside of the fact of what actually got me there was a required assignment.</p>
<p>Step 3 Evaluation</p> <p>Despite my nervousness that I would be seen for who I really am and something I have discovered over the years of therapy, being an adult child of an alcoholic; the group welcomed me with open arms. A room full of people that knew nothing about me, but showed nothing but love and support from the moment I walked in the door. I don't think I have ever in my life been in a room full of strangers that has felt more warm and welcoming. A room full of genuine people, that weren't hiding behind the mask of perfectionism, or playing a role that they haven't gone through their own struggles.</p>	<p>Step 6 Action Plan</p> <p>I know next time, I will do something differently. I will speak up and share my story and vulnerability, just as the group of strangers did with me. I will allow myself to be seen and heard. Because in the end, we as humans are all searching for connection. It is vital to our existence. Before the meeting was over, I had already made up my mind that I will attend this same time and meeting again. Because I know as an adult child of an alcoholic, it is a forever long process and recovery, just as alcoholism itself is. I feel truly blessed to have ended up at the meeting I did, because it was everything I needed and more. I needed that reminder to show up and be vulnerable. As the great Brene Brown said, "Connection is the energy that exists between people when they feel seen, heard, and valued: when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." I don't think there is a better way to describe what I felt during my first AA meeting.</p>