

## 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>
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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><b>Step 1 Description</b></p> <p>We were tasked with going to a AA meeting as part of our clinical schedule for the mental health block. When I had seen this I didn't know what to expect but said hey lets make the most out of it. Makenna and I went to AA at the southwest group on the 19<sup>th</sup> of January. We went to AA as observers and visitors but I think we left with a completely different outlook on the importance of AA. To me it was really interesting to see how diverse the room was and how alcohol addiction can affect everyone equally. The Result for me was that I learned to not judge the group before seeing how it can help you and to be open to looking into your own faults and see how you can make yourself a better person day in and day out.</p>	<p><b>Step 4 Analysis</b></p> <p>I honestly went in with a open mind about AA because I hadn't had a previous knowledge about the situation besides the stigma that AA is only for quitters. Evidence based practice has come to show that AA is the number 1 thing that helps addicts not relapse along with following a medication regimen. I think the broader issue that rose from this event was that each person has their own resentments and they have to come to terms with them and forgive whoever they are holding a grudge against before they can move on to the next step in the program. It made a lot of sense to me because if you are holding on to stuff from your past, your always going to find a way to bring it bad up in the future and force you back in to your old habits. I feel like the impact of each persons perspective made it easier for me to see how their and my resentments aren't all that different.</p>
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**Step 2 Feelings**

At the first of the meeting I was really nervous because I didn't know what I was going to say when I had to introduce myself to the group since I was new. At the time I was thinking holy cow there are a lot of chairs in here and by the time the meeting started all the chairs were full. The words of others in the group made me feel so welcome and less of an outsider. This made me feel less nervous and a little more willing to be open to what the group was discussing for the evening. I felt really good about the final outcome of the evening, because the AA session made me look inside my self and see the resentments I was holding on to and that if I wanted to move forward I was going to have to let those go. The most important emotion I had for the evening was amazement. The reason that emotion meant so much was because each individual at the group has their own story but each one of them amazed me by how resilient they are and amazed at what they have been through and they are choosing to keep fighting.

**Step 5 Conclusion**

I feel like the only thing I could have done differently was to be less anxious at the beginning. The whole group was so open and loving from the start, there is nothing anyone else could have done to make the group better. This event has taught me a lot about humility and gratitude for what I have and my situation. Also it taught me to be open about how I'm feeling because all I'm doing by keeping my feelings inside is hurting myself.

**Step 3 Evaluation**

I feel like everything about the event was good from start to finish. There wasn't anything bad. What was easy about the group was just how open they are talking about their feelings and resentments. Matt the group leader did very well at keeping the sharing limited to 3 minutes a piece to allow as many people the chance to share as possible. I feel like what I did well was just being a sponge and soaking up all of what everyone was saying and taking every bit of it to heart. I feel like I expected it to be more like what you see on tv but it was actually just a big friend meet up. Every one at the meeting knew each other and talked outside of group and even invited us to join them for dinner after.

**Step 6 Action Plan**

Overall it was a very good experience. The conclusion I drew from the situation was how positive AA is for addicts and how we as healthcare workers need to promote it more. If I did go back to AA again I would definitely be more open to sharing with the group instead of being quiet and reserved. I feel like we as nurses can apply what we learned in AA to our patients in the hospital through therapeutic communication. Just sharing how we each feel can change the outlook a patient has on life for the better and make them see that they are not alone in their battle.