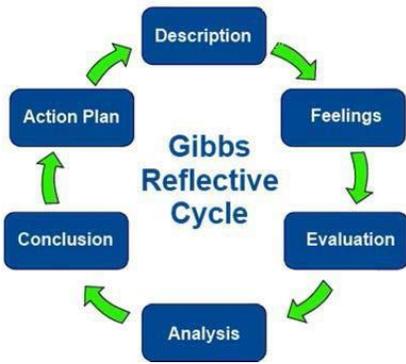


Covenant School of Nursing Reflective Practice



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: Catherine Huber

Instructional Module: 6

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 AA meeting at New Beginnings. I listened to people talk about how they were feeling and what they were currently dealing with. They also talked about what role God has played in their lives.</p>	<p>Step 4 Analysis</p> <p>Going to the meeting just helps you to realize that people with addiction issues are not what the stereotypes say. It helps to make you see that they are just people, like everybody else. Their perspectives just opened my eyes a bit and served as a reminder that they are people too.</p>
<p>Step 2 Feelings</p> <p>I was nervous before the meeting just because I wasn't sure what to expect, and it's a new environment to me. Listening to the people at the meeting inspired me because they are dealing with some hard things and still choosing to be sober. I also felt gratitude for them allowing me to sit in on their meeting and get a feel for what it's like in recovery.</p>	<p>Step 5 Conclusion</p> <p>I have learned that addiction does not discriminate, and it is not uncommon for people to relapse once they have gotten sober. I have also learned that they are a very welcoming group of people, and they are very supportive of one another. I learned that they are very open about their struggles, and the fellowship aspect of it is more helpful than you would think.</p>
<p>Step 3 Evaluation</p> <p>The meeting was good because it humanized addiction and made me realize that these are just people trying to do their best. It went well because they are used to having student nurses come to their meetings, so they were comfortable with us being there. It was a little different than I thought because they can really just talk about anything they are feeling or dealing with. The topic is not really limited to one thing.</p>	<p>Step 6 Action Plan</p> <p>Overall, it was very helpful to go to this meeting and see what it was like and to enhance my understanding of substance use and getting sober. This meeting will help me to be more understanding of patients who are struggling with addiction or are in recovery. It will also help me to have more compassion for patients with addiction or patients in recovery.</p>