

## 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>

# Covenant School of Nursing Reflective Practice

Name: Ashlyn Landrum

Instructional Module: IM6

Date submitted: March 28, 2024

*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 got to the facility on Tuesday and talked to the nurses who got us oriented to the patients. Once people started getting up, we served breakfast. After that, we talked to a pt. for a while who showed us his books, told us about his life, and educated us on some things. We got to dance and do karaoke with another pt. We sat in on two meetings of therapy and got to hear some of the patient's stories and also be a part of them encouraging and lifting each other up. We also did a puzzle and some crafts. The second day, Wednesday, we were on the other side and got to hang out with the other patients. We served breakfast again and talked to the patients. Then, we got to sit in on another group session of therapy and hear the patient's stories. Lastly, we sat in on treatment team where they talked about and met with each patient to go over their progress and what the plan was for each of them.</p>	<p><b>Step 4 Analysis</b></p> <p>I think the world is really all about mental health right now. People are finally understanding the severity of how important it is to take care of your physical AND mental health. However, I think there is still so much more room for growth, too. I think as a society we have to do better about showing more grace and support when people are going through a mental health issue.</p> <p>At the facility, a lot of the patients had gone through something traumatic in their past which caused them to be depressed. This is evidence that maybe there needs to be a lot more intervention when something traumatic happens to someone. Our world moves so fast and we just expect people to move on, but we need to allow time for healing and coping before they are expected to jump back into daily life full force.</p>
<p><b>Step 2 Feelings</b></p> <p>When we first got to Oceans, I was a little nervous because I didn't know what to expect. I also was just very unsure of how the patients would act and interact with us. After getting to talk with some of the them, I was feeling much better. They were all so kind and really wanted to talk to us. It made me feel special when they opened up about their individual stories. After both days were over, I left feeling a little bit sad about how much these people go through, but also hopeful because a lot of them were showing much improvement.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think to make the situation better I could have given even more encouragement and positivity to the patients and pointed out the things I saw in them. There were some patients who talked about how they felt really down on themselves for certain reasons, but I saw so much more in them from my short interaction. For others, I think some of the staff were not super happy about us being there. It would be helpful for us as students and I even think for the patients if they did not come across as so upset that we were there. Overall, I have learned so much from this experience. I got a lot more insight on what it looks like for a person to be struggling with mental health issues. On the contrary, I also got to see a lot of therapeutic communications and interventions implemented for each patient. It was such a great experience.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think what was good about this event was just the relationships and conversations that were had during this experience. What was difficult was just hearing some of the stories from the patients and realizing what they go through every day. I think I contributed by just brining a positive energy and light to each of the patients and being a listening ear when they needed it.</p>	<p><b>Step 6 Action Plan</b></p> <p>As a whole, this has been an amazing experience. I never really had much exposure to mental health and mental illness prior to this week. It was so eye opening how so many people go through these things and you would never know if they didn't open up. Moving forward, I will be more sensitive to people dealing with a mental illness, and I will do my best to help as much as possible. I think a big thing that people need, especially someone who is going through a depressive state, is just positivity, encouragement, and a reason to keep going. It is our job as nurses to assess and intervene for each patient, even if that is not the priority reason the patient came into the hospital.</p>