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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Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description

I went to the New Beginnings AA meeting with two other classmates. We arrived and walked around to the back, which was the entrance for the meeting. We spoke to a few men who were standing outside and told them we were here for the meeting. They directed us inside where we found a seat and waited for the meeting to start. The meeting leader came and spoke to us before it started, and asked two of us to read something at the beginning of the meeting. The leader read a few pages that they are required to read at each start, and then each person, including us, went around and talked about their personal experience with alcohol/addiction. Each of us students talked about someone we knew that struggled with addiction and how affected us.

Step 2 Feelings

· I was very nervous to go to an AA meeting. I did not want to upset any of the people there or make them uncomfortable. Once we arrived and the people were very welcoming, I felt a lot better. During the meeting when they all spoke about their struggle, it was very eye opening to me. A lot of them spoke about how they did not want to live the way they had been living, but just could not figure out a way to stop because they had lost hope. It made me feel a lot of empathy for people who struggle with alcohol and drug addictions.

Step 3 Evaluation

I think what went good about attending the AA meeting was that the people were all so welcoming and even though they knew we were not there because we personally struggled with alcohol addiction, they were still kind and had open arms for us to join. I think I did well when I spoke about my personal experience with a family member who struggled with addiction. I think it could have been eye opening for them to hear another perspective on how it can affect family members.

Step 4 Analysis

Because of my previous exposure to a family member with an addiction, I did have some knowledge about what it is like to suffer with addiction to a substance. However, this did just give more insight on what goes through someone's mind when dealing with this. I think there should be more measures implemented for prevention, maybe teaching in schools and colleges on the severity of drinking alcohol and using drugs. Also, when people are wanting to try to get sober it is so important for them to be aware of resources such as AA. This group can be vital to success in sobriety.

Step 5 Conclusion

I think the situation went well. There was one person who was asked to speak and did not really say much. I think for their health and sobriety it would have been helpful for them to share how they are feeling and how they have been handling their situation. There was also another person at the meeting who spoke, but seemed very uninterested and checked out when others were speaking. It can be very helpful to listen to others stories and learn from them.

However, the meeting and the experience as a whole still was very good and helpful for my learning experience.

Step 6 Action Plan

Overall, this was a great experience and so eye opening to what it is like to struggle with addiction and staying sober. As stated before, I think it is so important for us as nurses and people of the community to provide the resources and encouragement for patients dealing with this. This experience allowed me to develop a care and soft spot in my heart for people struggling with addiction. Addiction is a disease and staying sober is not an easy task. These people need to know someone out there cares about them and wants them here and healthy.

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