

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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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>Step 1 Description</p> <p>I went to the New Beginnings AA meeting on April 26th. I walked into the meeting at 11:45 am and got to meet everyone there. They were extremely welcoming. I went at noon that day so there were only 3 other people attending. They started out by saying the AA rules etc. They then read out of an AA book and a bible verse. After that, each person would go around and introduce themselves and say why they were there and how long they had been clean/sober. They let me participate and I was able to tell them a little about me and my experiences in life. The leader of the group started sharing first then we went in a circle to share. The entire meeting was about 45 minutes, and each person was able to share their stories and thoughts.</p>	<p>Step 4 Analysis</p> <p>They openly spoke about the bible and church a lot and luckily, I attend church and was knowledgeable about what they spoke about. Literature shows that group therapy and meetings tend to help anyone dealing with an illness or addiction. These people really come to meetings several times weekly to keep themselves clean and sober. Seeing others and hearing the stories of others keep them pushing to do better. I believe especially after attending the meeting that group therapy does wonders, it let you know you're not alone and not the only one struggling. Most of the stories I heard were similar. Most got introduced at a young age and by family. You can tell that these people have come a long way in life and have learned a lot.</p>
<p>Step 2 Feelings</p> <p>I was a bit nervous walking in. I didn't know what to expect or what type of people would be there. I was thinking about what these people were going to say to me, knowing I wasn't an addict or alcoholic. The longer I was there listening to their stories, the more comfortable I felt. By the end of the meeting, I felt extremely grateful. I got to learn so much about these people in so little time. The most important feeling I had was astonishment. It was important because I had walked in very hesitantly and nervous and I walked out feeling all the opposite things. I really enjoyed getting to hear them talk.</p>	<p>Step 5 Conclusion</p> <p>I am not sure I could have made the meeting better necessarily, but I feel that covenant students being there to learn and listen made them feel important. They were curious on why I was there but also what are we as student meant to get out of it. I think they were impressed that they mattered for nursing schools. I think it would have been neat to have more people there. I could have gone to a later meeting and been able to meet more people. I have learned that life is short and not everyone is out to hurt you. These people take time out of there day to sit and listen to someone share their story. It is important for people to feel cared for and loved.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the event was that they were able to share their stories and deep feelings to other like them. They literally rely on each other to keep clean/sober. The bad thing was that there was only 3 people there and I made 4. But they explained that the later meetings are usually much busier. Everything about it went well, I was glad they let me talk too and eagerly listened, that made me we comfortable and welcomed. I for sure expected a different outcome. I did not expect to be so moved by these stories and how they came to AA.</p>	<p>Step 6 Action Plan</p> <p>I am thankful I got to attend a meeting. I have learned the importance of sitting down with your patient and actually engaging and listening to what they are saying. I will try to in the future be more genuine when talking to them and not always be in such a hurry. I can apply this in any situation, it doesn't have to be patient in the hospital it could be anyone.</p>