

Covenant School of Nursing Reflective Practice

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<p>Step 1 Description</p> <p>The AA meeting began at 10 A.M. Several members attended the meeting. ^{me} The meeting was held at Hub of the Plains, in a large room with tables in the center, and on the outside of the room. I came into the room, and was asked to introduce myself, and listened to the members share each others experiences ^{me} with the daily reading, _{related to}</p>	<p>Step 4 Analysis</p> <p>From what we had covered in class, ^{me} a lot of these people had issues with depression and anxiety. They sought treatment by drinking alcohol to ease their minds and get through difficult times. They classified it as a disease, and discussed all the negative effects that alcohol and drugs have had on their lives.</p>
<p>Step 2 Feelings</p> <p>At first, I was nervous because I had never attended an AA meeting. But as I listened and gained insight into their stories, ^{me} my understanding helped me feel relaxed. I felt as though I was blessed and lucky to hear these individuals come together and share their experiences that reflected their vulnerabilities in life. It helped me feel ^{me} as if I could feel a sense of trust and willingness to learn about their backgrounds.</p>	<p>Step 5 Conclusion</p> <p>I have learned that treating these patients in the hospital setting with a non-judgemental attitude would be best. A lot of them stated that they could not do it by themselves, and only through the support of each other, family, friends, and sponsors, have they been able to stay sober. Offering resources such as this, in the hospital setting, could make a difference in someone's life.</p>
<p>Step 3 Evaluation</p> <p>The best part of the event was that they ^{me} put all their minds and hearts into the meeting their faith and prayed several times throughout the meeting. Some of the individuals shared their experiences with humility and responsibility, despite hesitating at first because of the nature of the topic. There were some that chose not to disclose, but everyone there accepted their presence and understood their reasoning.</p>	<p>Step 6 Action Plan</p> <p>Going forward, I will make sure to approach each patient's situation with understanding and patience, ^{me} and I will also utilize identifying ^{me} resources outside of the hospital setting, to develop a plan of care that will better suit long term goals for patients. Also, utilize the support from friends and family to help patients adhere to treatment regimens.</p>