

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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Covenant School of Nursing Reflective Practice

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Instructional Module: IM6

Date submitted: 08/20/24

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>On August 20, 2024, I attended The Way Out Group, AA meeting that was held at 1200. As I arrived, there were already several individuals outside getting one last smoke in before the meeting began; from outside the building, it looked as though it wasn't going to be a big group, but once I stepped inside, that wasn't the case. Once inside, there were already around 15 people who were sitting either at the tables they had set up in the center or on chairs that wrapped around the whole room. People were greeting one another and grabbing a cup of coffee as they waited for the meeting to begin. I quietly slipped to the back of the room thinking no one was going to sit back there and thinking they weren't going to have any more people, I quickly learned, I was wrong once again. Once the meeting began, there were still individuals coming in and finding a spot to sit, about 10 minutes into the meeting the whole room was filled, which sat around 50 people. There was an individual who represented the leader, just to kick things off, but then the meeting went to the whole group and them sharing their individual experiences. There were ages that ranged from early college years to individuals who were retired. So many backgrounds and so many stories to be shared, and new friends and companions are made because they're fighting the same fight.</p>	<p>Step 4 Analysis</p> <p>We're told as nurses, "Be a resource for your patients," but how can we be a resource when we don't know any? Sure, we can look up places or have case management research some local areas for us to hand to the patients, but just think how much more likely they're willing to go if we have gone ourselves to those resources. Now, I'm not saying go get an addiction that way you can say you've experienced firsthand, big no; but go to these meetings/resources yourself and see what the environment is like and see if their topics and discussions are something you would want to recommend to someone. When I went to this meeting, I didn't have an addiction I was fighting, but the messages still touched me and it had a positive impact on my consciousness. When I first heard about these types of meetings, I really thought it was a place where people just call each other out and list their problems they have; when it's actually so much more. People weren't there to judge one another, but rather, they sought support and reassurance from each other, when one had something to say, everyone else quieted down and listened, when another had something to celebrate the whole room would applaud and praise them. If I hadn't gone to this meeting today, I would have never imagined that's how these meeting went, I would have continued to think they were places of judgement and resentment. Being able to tell patients about these places because you have been yourself can have so much more of an impact than just a case manager handing them their discharge packet or a paper with random places listed and telling them to go to one of them.</p>
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Step 2 Feelings

I won't lie, when I was first pulling up in the parking lot, I was anxious, thinking "What if they criticize me since I'm new?" Honestly too, I was somewhat afraid because it's so easy for us to judge a person by their appearance alone, and that's what I did. I see these people outside smoking, others who look a little rough around the edges and I'm thinking, I might just get mugged once this is over. I know it was wronged to think that but I'm somewhere that I never thought I would be and I'm a bit freaked out. However, these feelings of anxiousness and worry quickly dissolved as I continued to observe these individuals. Many of them were sweet and welcoming, they had warm smiles on their face and laughter filled the room as they greeted one another. Listening into this meeting made me realize just how hard working and determined these individuals are, they're wanting to improve themselves and change their lives for the better. I thought it was amazing how they opened the meeting with a silent prayer, but then all came together to close it; also in the beginning, the leader takes time to recognize individuals by handing out pins based on the amount of time they have been substance-free. Once recognitions were finished, they read aloud "*The Twelve Steps and Twelve Traditions*," which is basically their checklist they follow to become sober; everyone was at their own paste. Finally, once that was finished, the leader had chosen a passage from the "*Alcohol Anonymous*" book and picked a topic, then opened the room to anyone who wanted to share their personal experience related to the topic, fear.

Step 3 Evaluation

This was an eye-opening experience because it allowed me to witness firsthand just how much effort and determination these individuals must have to be able to even muster up the courage to start getting help in the first place. Trust me when I say it isn't easy, and this is coming from someone who doesn't have an addiction and barely had enough courage to walk through the door. When I first heard about this assignment, I was thinking "I really don't want to do this, what can I learn from this, what good will this do for me?" Now that I have gone, all I can think now is "wow," these people are on a totally different world, they know fears and anxiety that most others wouldn't, they have experience breaking free and seeing the outcomes of addiction from both points of view. They spoke truths that I felt everyone needs to hear because, yes this was an AA meeting, but also so much more too. Once again, the topic was fear. Many shared their stories of how fear is what kept them away for so long and what delayed them in getting help. Fear not of judgement but of themselves, fear of who they would become and how they would act once they stopped, fears they tried to mask and drown out with their addiction. I liked how many of them talked about how there

Step 5 Conclusion

I would honestly not mind having to do another out-of-class assignment like this again because it was so eye-opening and way more interesting than what I could have ever imagined. It was nerve-wracking when I first got to the building, just because everyone looked so intimidating; but once inside and the meeting started, that completely switched.

I learned more than I thought there would be to learn; this is a process, with steps to follow, but everyone there was at a different step and phase of their rehab. Some who have had sobriety for a while are now mentors/sponsors for those who are just starting their journey. I know for some it's a mandatory requirement due to situational events, but many after that requirement was filled continued to come and have been members for years now.

Being there, I saw so many different individuals with different personalities, different temperaments, different stages of life but despite all those differences they all go for a similar purpose. Some were young, many middle-aged, and many older, but I learned age doesn't make a difference when they're fighting the same battle and there are others there to help them win their fight.

When I learned many of them had a sponsor, I thought to myself, what if that's what our patients need to help them get to those points, someone who is willing to be an ear and a companion for them when temptations come their way.

Step 6 Action Plan

This overall, was an amazing experience. I was texting my partner that I was scared being there, but within 10 minutes of the meeting starting I honestly forgot about my fright and didn't even text him back till after the meeting. This a great experience that I am thankful I had because it really opens my eyes to just how many resources of out there and how often they're offered; one person I listened to said they go to an AA meeting a least 3x a week.

This also allows for new ideas and suggestions that could help us point patients in the right direction when they come to the hospital and are looking for where to go next. As mentioned before, the sponsors. Just think, having sponsors available for when the hospital is looking for a resource for a patient, having someone come in, who has experienced that situation firsthand, and having them sponsor that patient, could be more impactful than how we do things now.

This one event can start a chain reaction in how other resources are provided as well for different situations, not just addiction related. Maybe having something similar that AA meetings have for others, such as, physical abuse or even financial issues could be something that changes the

are healthy fears, such as snakes, you see one, run. Then there are harmful fears; fears that hold us back just because we're afraid of failing or the disappointment we might get. They all had encouraging and empowering messages that hit hard because they're people who have experienced it firsthand and can tell you, "It's not easy, it takes work, and it takes time." I think many of us today take these sorts of things for granted because we just need to worry about getting to school and/or work on time or what are my plans for the weekend. A message like this can be mind-blowing, I know, I just experienced it.

course of how people react and handle their response to when they realize there is a problem or situation at hand. I hope that as I continue through my journey, if I meet an individual who experiences these issues, I am able to recall this time I was able to attend a meeting for myself and be that reassurance for someone who is doubtful in these groups.

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