

## 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>

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Instructional Module: 6

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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.*

<p><b>Step 1 Description</b></p> <p>I was at Aspire Ranch in Lubbock, Texas on Tuesday. I was there with 3 other students. We were introduced to the owners and the men who were currently residing there for assistance in their recovery. We were there as nursing students observing their lives and partaking in their "groups" and getting an overall feel for what their everyday lives looked like there. As a result of this, we were able to gain a better understanding of the circumstances that placed these men in their situations and how as nurses we could better serve them and this population.</p>	<p><b>Step 4 Analysis</b></p> <p>I could apply familiarity with the 12 steps from the Anonymous programs from my own personal experience as well as some mental health issues we have touched on before in other modules. As for the recovery center, the approach the owner takes at Aspire where he not only teaches the clients the 12 steps but also sets them up with a therapist on site I believe is more helpful in the long run for the clients. A broad issue I feel like I have recognized from this event is that some treatment programs fail to recognize the connection between a mental illness and the issue with addiction. They will primarily treat the addiction itself without addressing what behaviors or disorders lie under the surface that caused the addiction in the first place. A lot of the clients had more in common with their issues than I originally believed they would. I felt that having a plethora of different perspectives available from each client was beneficial to the healing of the other clients there. It gave them an opportunity to consider different ways of thinking that they had not considered before. The men counseled each other.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning i was nervous. My biggest fear at the time was that I was afraid to make the men uncomfortable. I recognized this was their safe space and was afraid our presence would violate that. The event made me emotional, hearing the men's stories and the things they have lost as a result of their addiction made me feel for them. Also, because as a person who has experienced drug addiction in a parent and an uncle, it made me feel reminiscent of my own experience of what they were describing. I felt melancholic in that moment, reminiscing on the feelings I felt as a child witnessing my relatives destroy themselves and our family as a result of their addiction. It made the final outcome a lot more meaningful to me because it was personal to me. It was the most important feeling because it effected me on a deeper level.</p>	<p><b>Step 5 Conclusion</b></p> <p>I believe I may have been able to make the experience better if I could have gotten over my initial stage fright. I was afraid to share my own experiences dealing with the same feelings the clients had but in a different way. I believe I may have been able to help the clients feel more humanized and less alone had I acknowledged the same things they feel or experience are the exact same for me as someone on the other end. I have learned that my own struggles with mental illness and how I managed to overcome them are useful and could be used as tools for another person going through the same thing or different. That it is worth making the effort to share things that may help someone else as they have helped me.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was good to be able to conversate with the men and get their personal take on their experiences in the health system and how it could have been improved. There was nothing bad about the event, but it was difficult for me personally because some of the men's stories were so similar to my own but from what would have been my uncle or fathers perspective. I believe I did well on being able to approach the men unbiased given my background and personal understanding on what they are going through. I was expecting the experience to go well, but it went even better than I originally thought it would. I believe I contributed by being an active participant in their group meetings, asking questions and making an effort to speak to the clients</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the rotation was the most impactful rotation I have ever had in our program. It helped address real world issues that plague people in every generation. It allowed me to take a glimpse at the people on the other side of a situation that I lived in my own life. I can use the lessons I learned in this rotation and apply it to my own life as a student, human and eventually a nurse. I will be able to better serve this population of people under my care. I can apply this as well to other personal parts of my life, learning to be less judgmental and listen more to the other person. After speaking with the clients, I have been able to identify issue in my own personal practice or others where biases arise. I will use this experience in my own life by being more receptive to those around me in lesser situations.</p>