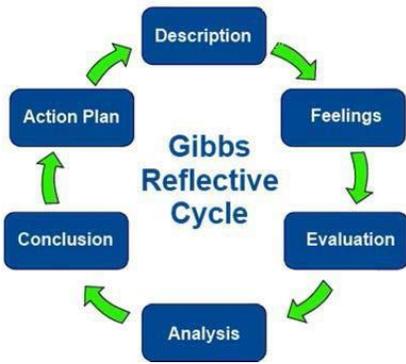


Covenant School of Nursing Reflective Practice



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>For my community clinical this week I attended Aspire Recovery. Aspire Recovery is a rehabilitation center for people with addiction to controlled substances and alcohol abuse. the center was about 15 min from my home and when I arrived, I was surprised. the center was absolutely beautiful. Not only was it a great view, but there was also some sort of calming music playing that could be heard throughout the center on the outside. Aspire Recovery was an overall welcoming community. The owners of the establishment welcomed us in and gave us a tour. They told us a little about their selves and told us about the type of groups we would be a part of beforehand. the facility caters to the male population. when we arrived at the group meetings we sat in the back and observed. The group leader made sure to make us part of the conversation at times. The first group was about how the group felt about being there and what they wanted to change about themselves moving forward. The second group was about the twelve steps.</p>	<p>Step 4 Analysis</p> <p>The First group we observed started with a song. We sat and listened to this song. At the end of the song the group leader asked the all-male group how they felt about what the lyrics were saying. At that point I knew the group leader was using music therapy. Most of the men had the same outlook about the song. I think having the same outlook about the song let them be on the same page about their recovery. The broader issue that arises is that they have to find the core problem within their selves to find the root of what causes them to want to in gage in controlled substance and alcohol mind altering activities. The group leader was very proficient in giving different perspectives of the twelve steps. Those different perspectives were useful because the original twelve steps were created in 1941. His perspectives were focusing on interpreting the twelve steps in more modern terms. The original twelve steps also sound very religious. Some people aren't religious or spiritual. The group leader used synonyms for the religious words which did help people be more comfortable with the twelve-step message.</p>
<p>Step 2 Feelings</p> <p>I was feeling nervous at the beginning because I did not know what I would be walking into. When I hear recovery center, I don't automatically think of normal people trying to heal and get better. I was thinking that the place was going to be filled with a bunch of crazy out of their mind men. When I heard these men converse with each other about their feelings admitting their mistakes, their fears, their wants and opening up to one another I was thinking how intelligent they really are, and I wish they could believe that for themselves. I was feeling emotional for the guys because society hears drug addict and automatically judges them and labels them as no good. The most important feeling I had while attending the group was motivation. Motivation is what every one of those men needed. Motivation is what the group leader was providing them with. With motivation there comes hope, desire to do better and over positive outlook on your future.</p>	<p>Step 5 Conclusion</p> <p>From this event I have learned a great resource for patients who want or need to be sent to a rehab for recovery. I learned that the facility does accept insurance, and they also give out scholarships on a need basis every year. The group leader informed us that sometimes the insurance only pays so far of the recovery and if he sees the client really needs more time, he will let them stay free of charge.</p>
<p>Step 3 Evaluation</p> <p>Being able to observe and sit in a group therapy session was good because I believe as nurses we need to know about mental health. All kind of patients in every area could be suffering with drug abuse or some kind of mental health issue. the bad part is that out of the group there where a few people who did not want to participate and that was sad because it will take them even longer to get to the root of their addiction and they might have to go through more suffering and more legal trouble before they want that change for themselves. Since we were the first group to go to Aspire Recovery, we had the opportunity to contribute ideas for a brochure the group leader wanted to make for future students visiting the facility.</p>	<p>Step 6 Action Plan</p> <p>I think the Aspire Recovery site is wonderful place to recover overall. It is a calming place I could feel the peace and calmness as soon as I arrived. The staff is friendly, and they truly genuinely care about their clients. I can take what I've learned here to my career by being able to provide the hospitals clients with a recovery resource.</p>