

## 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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Adopted: August 2016

## Covenant School of Nursing Reflective Practice

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Instructional Module: IM 6

Date submitted: 8/22/24

*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>On August 21, 2024, I had the opportunity to visit Aspire of Texas (Fire Sky Ranch for Men). Upon arriving, my classmates and I were greeted at the door and welcomed into a very homey and warm environment. The owners, husband and wife, were very nice and welcoming; the wife gave us a tour while her husband was finishing up with a staff meeting, for they were in the process of renovating. The wife gave us a run-down on how the facility came to be and what improvements they had done since purchasing the building initially and readily answered any questions that we had. After the tour, we got to sit up in their meeting area and her husband, who was a counselor himself, had us introduce ourselves to him and asked what experiences we already had with mental health. Once introductions were out of the way, he explained to us what we were going to get to do that evening, which was listen to the group discussion they held for out-patients, that was led by him. As he gave us more information about how and why the facility came to be, he would introduce the staff to us as they walked by and we learned that everyone who was there, patient and staff, where in some stage or form of recovery. It was amazing to see how they worked together and how each person had their own story to tell having to deal with addiction and how they got to where they were now.</p>	<p><b>Step 4 Analysis</b></p> <p>This was another eye-opening experience for me because it allowed me to get a mental picture of how individuals aren't given the proper treatment and care they truly need because of insurance or other say so from facilities. Many patients who were there for the out-patient discussion that evening mentioned how they had been placed in other facilities because that's where their insurance was approved and how their experience was nowhere near what it was at Aspire because of the cramped spaces and that it was co-ed and not everyone wanted to open-up due to mixed genders. Patients would also mention when genders were mixed, other issues would arise, and individuals would no longer be focused on receiving treatment. This made several things come into perspective as to the treatment that these individuals may or may not receive like they're supposed to. The owner mentioned how the medical field today, is like any other business these days, whatever gets them the most money; and from what patients have said and what I have gotten to witness, that seems to be the case a lot of the time now. I see how the medical field has shifted away a lot from wanting to help individuals to the fullest extent, to what will bring in the most revenue and keep money in the accounts.</p>
<p><b>Step 2 Feelings</b></p> <p>I was excited to visit this site because I had attended an AA</p>	<p><b>Step 5 Conclusion</b></p> <p>There isn't anything I would change about this experience</p>

<p>meeting the day before and it had turned out to be something completely different than what I had been expecting so I was intrigued about going to Aspire. I was also very curious because working in the hospital, I have helped patients be discharged into facilities, but I had never gotten to visit one prior, and since this was privately own it was much more than what I had pictured. I felt very cozy and warm because they had decorated the buildings, not so it looked like you were in a hospital but in an actual home. Each room had its own characteristics to it from what the residents brought and the amenities that were offered felt like what you would expect in a 5-star hotel, with a pool, gym, movie area, and more. It made me happy for these individuals because one could tell that they were getting the care and support that was really going to impact them rather than someone that crowded them in with 99 other individuals. This was also such an open and free environment because they were more relaxed with what individuals did and say because the staff too, as mentioned before, had all been through that point in life too. I think that's what really made me happy for these residents and just being there because you could feel that happiness that they felt, being able to be themselves while getting proper support without feeling like a prisoner.</p>	<p>really; it was insightful and impactful. It helped me realize how much there is that we as nurses don't think about after we send patients off from the hospital. It also allowed me to see how much a person has to offer, even though they have messed up; there are those who want to improve for themselves and their families. It also showed how a somewhat healthy person and addict can have in common, it's how they handle those stressors and hard moments that defines them. We all go through stressors and periods in our lives that challenge us and question whether we can power through or not; it's those who have an addiction that have the more unhealthy and dangerous ways on coping with those stressors.</p>
<p><b>Step 3 Evaluation</b></p> <p>This experience helped me see what aid for mental health should look like. A place centered on care, rather than funds, a place that still allowed them to feel human, a place that didn't turn someone away because insurance wouldn't pay, and somewhere they could connect with others. Hearing about how they facility functions and the requirements that needed to be met, one would question if the place really existed. Even though it was a private facility, if insurance didn't pay in full, they would give an estimated down payment cost and waver the other costs or have scholarships available. They typically allow 30 days, but can extend it up to 45 days, and then if they felt they still needed some help they could be transferred to another area in town that allowed them to go back to work and their daily lives while still receiving that help. The only main requirement, per owner's words, "They have to want to be here," sounds unbelievable I bet if you were to tell that to someone else. Of course there were other criteria they had to meet, but the owner himself had been in facilities both as a patient and worker, and knew both ends of the spectrum, and was determined to be someone who could provide "real" care to those who were willing to accept and preserve through.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a great learning experience for those who want to go into nursing and just the public in general because it opens people's minds and eyes that these individuals are still people, they just need help to work through their problems. This is an experience that I hope will be continued for the upcoming modules because I feel it's a great way to experience both patients who get to receive treatment based on their own will and perseverance versus those who have had to be placed by family members or other reasons. Then, also the different in the level of care because at Aspire, they can only give and watch patients take medications that are prescribed and don't have any for emergent situations like you would in a hospital or other facility. I'm grateful for the experience I get this module because I have worked with patients in the hospital that are "psychiatric" but I have never had the opportunity to see where they discharge to after hospitalization and these couple of experiences have already opened my eyes more than I thought.</p>