

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>I went to the new beginnings AA meeting. There were different kinds of people there. There was women and men. There was even pets and babies. The meeting had a club vibe, there was strobe lights and music. There was even a bar but instead of alcohol they were serving coffee and energy drinks. I did not know what to expect or what to do so I sat and observed everything that was going on.</p>	<p>Step 4 Analysis</p> <p>The different perspectives all gave the same message. The group whether religious or not can agree on needing to give into something higher than their selves. Having God seemed to be the broader issue, although some people do not believe in God everyone agreed that they couldn't play the role of being a god in their own lives.</p>
<p>Step 2 Feelings</p> <p>In the beginning I was wondering if I was in the right place because I have never been to any group that imitates a club. I was thinking that maybe a club scene could be triggering to people. I honestly went into the meeting being judgmental. I was scared because I thought someone was surely going to break into my car. During the event I started feeling guilty for my preconceived notions. The groups conversations with each other made me think about how important it is to be around people who can relate and been or been in the situation you're in. I started to feel remorse for the people. The final outcome was I came to a realization that it is imperative to healthcare that I make a humanized connection with addicts. I don't want to be that nurse who discriminates against someone for being an addict. I want to give my best care to all patients.</p>	<p>Step 5 Conclusion</p> <p>I've learned that people become addicted for a variety of reasons and most of those reasons connect to trauma. I've learned that addiction is a disease, and it is highly unlikely for someone to quit on their own without help. I've learned that it takes time to heal from addiction and time to discover the root of the problem. I'm thinking I could have used my three minutes to add something to interpret the message I got from the topic. You never know who could have benefitted from hearing my feelings towards what the topic was.</p>
<p>Step 3 Evaluation</p> <p>Having a community was a good part of the event. I think having people around you who understand you and uplift you is important for growth. The communication throughout the group went well. Ther was no arguing or side talk. The group leader gave everyone the same amount of time to share their feelings about the topic.</p>	<p>Step 6 Action Plan</p> <p>I think this situation is very crucial for education in learning about mental health. Hearing what people are thinking and listening to what they are going through gives us insight as to what may be triggering their actions. Learning how to listen to people and find ques about their habits and lifestyle will help to produce a plan for patients that they can adhere to better. By learning to listen to patients we can better understand what resources would be helpful for them. Going to this group helped me understand the mind of an addict and helped me to understand that addicts are also humans and deserve to be treated with dignity and respect, and that is something I will take with me into the nursing practice.</p>