

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. Remember to maintain patient confidentiality. 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>During my visit to Aspire, Robin and his wife were informative and transparent with their work. Robin and his wife opened up about their past struggles with addiction and how most of the staff are also recovering addicts. My role during my visit was to observe, I didn't know what to expect.</p>	<p>Step 4 Analysis</p> <p>I never considered how a nurses role could make a difference in someone's life that is battling addiction. I was able to learn how nurses could help manage the symptoms of withdrawal. I believe this experience has left our clinical group with a lasting impression and shaped our perspective of people who suffer from addiction.</p>
<p>Step 2 Feelings</p> <p>I admire the owners for helping people in recovery. I felt compassion and empathy towards all of the men staying there. Seeing people struggle with addiction was eye-opening and more common than we'd like to imagine. It affects all socioeconomic groups. I feel a little more knowledgeable about working with people in recovery.</p>	<p>Step 5 Conclusion</p> <p>It is important to treat recovering addicts with dignity and respect. Their disease shouldn't be treated any different from other diseases.</p>
<p>Step 3 Evaluation</p> <p>I enjoyed seeing the relationship Robin had with all of the men there. His wife made us all a meal, which I thought was the sweetest thing ever. I imagine it is not easy for the men to leave their home, loved ones and jobs. However, Robin and his wife have done an excellent job maintaining a cozy and comfortable environment for everyone.</p>	<p>Step 6 Action Plan</p> <p>I enjoyed my visit to Aspire because I was able to hear from the men about their struggles with addiction, it felt very personal and intimate. Sometimes all people want is for someone to listen in a nonjudgmental manner. This experience has also taught me how to better advocate for people in recovery or battling addiction.</p>