

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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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>Today I went to Aspire recovery Fire Sky Ranch. I started off observing a group therapy session, it had 11 men at it. After this group therapy we went to lunch, they cooked us all tacos. After lunch we took some time to visit with the clients and learn about their lives. Finally, after lunch we headed back into the group room and had another group therapy session. Everyone in the group participated and were all very open about their addictions.</p>	<p>Step 4 Analysis</p> <p>I can apply a lot of knowledge I've learned about mental health and addiction in the past few weeks to this experience. The counselor went over DSM5 which is the criteria they use to range them from mild to moderate to severe, having learned this I feel as though I understood better what they were going over. Hearing these individuals talk about their addiction, a lot of there stories were similar. Hearing that they all experienced every single different criteria on the DSM 5 and that they all have felt judged and alone in their addiction. This had an impact on me because it made me see addiction as a disease and not them just thinking about themselves.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling a little nervous and not knowing what to expect. I didn't know how these men were going to act or how group therapy worked. During the group meetings I felt sorrow for ever judging individuals with addiction. Them being so open and telling their stories about what they have gone through was inspiring. Them explaining how they have always felt the stigma and judgment from others, even in the medical field made me tear up. The most important emotions I felt was sad and happy. I was sad knowing that at one time I was slightly judgmental towards addiction and I was happy knowing that these men were brave enough to face it and be open enough to get help.</p>	<p>Step 5 Conclusion</p> <p>I feel as though I could have made the situation better by putting more input into the group sessions. I think everyone in the group session all spoke up and talked about things even if they did feel nervous we were there. The only thing I would've done differently was speak up and ask questions during the group discussion. I learned that addiction is a disease, stigma around addiction and men's mental health is a very real thing, and to never judge a book by its cover because every person is going through things we don't know about.</p>
<p>Step 3 Evaluation</p> <p>Everyone was so sweet to us and were open to us about there addiction which was great. I feel as though nothing went bad. It was easy getting to know everyone and talking to everyone because they were so welcoming. It was difficult hearing about their struggles and what they have gone through to get to recovery. I feel like I did well in the aspect of getting to know everyone there. The other people in my group also did well at communicating with the owners and clients. I wasn't expecting the men there to be so welcoming and friendly to us. I contributed by asking the clients questions and getting to know them.</p>	<p>Step 6 Action Plan</p> <p>Overall this was my favorite clinical I have been to and I learned so much. In conclusion, all of these men have been through different obstacles but have all been brave enough to come to the same place and get help. I can use what I have learned there when working with patients with addiction to know to never be judgmental or follow the stigma because it is not true. These people are just regular people struggling with a disease just like people with diabetes, etc. This is why we should always treat patients with kindness and respect whether it be a patient with addiction or a patient with diabetes.</p>