

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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Adopted: August 2016

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Instructional Module:IM6

Date submitted: 8/27/24

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 got to Aspire along with the other nursing students. The first thing I noticed was how calm and therapeutic the environment was. We got to meet the owners and found out that they were also recovering addicts. Everyone was so nice! They gave us a quick tour of the place, and we got to sit in on one of their group meetings.</p> <p>The room they were sitting in was also set up in a therapeutic way. The lights were dimmed, and the chairs were set up in a circle so everyone could be involved.</p>	<p>Step 4 Analysis</p> <p>I think what was very well applied in one of the meetings was that addiction is a disease. The owner compared it to diabetes. He mentioned how one can argue with an addict that they are there because of their choices, yet you can say the same about type 2 diabetes and one of the conditions is looked at as a disease by society and the other isn't. It really made me change my perspective. It never compared addiction to another disease. He also mentioned the DSM5 and went through every single one of the 11 diagnostic criteria's. It was a nice review.</p>
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Step 2 Feelings

. When I was sitting there waiting for their group meeting to start, I felt a little nervous and worried. I didn't know how the clients would feel to have a small group of nursing students listen to some of their stories and feelings about the darkest time in their life and being so vulnerable.

From what I could tell, they did not mind us. I had a bit of a bittersweet moment with the meeting. I have my own personal problem with addiction. My father and the father of my child are both addicts. On one hand I felt incredibly happy and oddly proud of these men, whom I did not know, for seeking help, but on the other it made me aware of my own biases when it came to addiction.

There was a specific topic they talked about that made me feel a little disappointed in myself. They talked about how people still view them as an addict even if they have been sober for a while and how that image of them stays in people's minds. They also talked about someone the things family and other members of society have told them. It genuinely broke my heart because I realized how bad those comments and thoughts made them feel. I was guilty of what they were discussing. I had made my own biases and claims about people that I loved in my own personal life.

Step 5 Conclusion

I have learned that I need to change my bias against addicts. I had a mental picture of what I thought an addict would look like and I was surprised to see that most of the people in rehab were employed and some were successful.

Step 3 Evaluation

It was easy to follow their discussion. They had some great talking points. It was also easy to feel welcomed! The staff were super nice. They even fed us!

The demanding thing for me was trying not to take home what was discussed in their group meeting. They got into some dark topics. I had to remind myself on the way home that these were not my problems.

Step 6 Action Plan

I will use what I observed here today as a reminder that these people are not bad people. Addiction is a disease and I shouldn't let my own personal experience with addicts in my family effect my practice. I should always go in with an open mind and try to help people because judging them based on substance abuse is not my job and its really none of my business. I thin overall this experience really humbled me.

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