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.

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 • 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?	**Step 4 Analysis** • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?

Step 3 Evaluation	Step 6 Action Plan
• 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?	• 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?

Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Hope Robnett Instructional Module: IM6 Date submitted: 8/29/2024

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description	Step 4 Analysis
On August 27th and 28th I got to visit Oceans Behavioral Hospital, with several of my classmates and my instructor. We had the opportunity to interact with the staff and patients and perform assessments on our patient that we were assigned to when we first arrived. Our main goal there was to interact with the patients and see how they interact with each other, their environment and the staff. We got to see how things are performed differently in a facility for psychiatric care, compared to maybe what we had seen in other places that we had visited or experienced.	I still think this was a good experience to get to go through because it helped the patients feel good, and many of them were sad when it was time for us to leave. It let me see that these individuals are still like “healthy” individuals, they might just need extra attention pointed towards them. Many of them were happy that they had new people to talk to and some of them stuck to other students like glue just because they felt so comfortable with them. Sometimes, it wasn’t always like this, there were some patients who didn’t want to interact as much or there were some who were more easily triggered by what someone else did and it would flip their mood from happy to anger or annoyance in seconds.

Step 2 Feelings I was curious about the facility because working in the hospital I had seen what we do for patients when they're the hospital, but never what it's like for them once they're discharged and in that next level of care. The overall experience made me more grateful honestly because you see how these people are kept under such tight supervision and how they're isolated from the world, so it made me realize how lucky I am to not have to have a situation like this personally in my life. Interacting with the patients there was a unique experience because when I interacted with some of them it would seem like they were completely fine and didn't need to be there but then all the sudden it would be a complete switch, and they would be talking about something that was completely different from what we were discussing just seconds before. In the end, it was pretty shocking because I started to think back to my past experiences with patients I've had before and it made me wonder how many people were probably diagnosed with similar disorder, and I never knew about it because they acted so "normally" with me before.	**Step 5 Conclusion** I wish we would have been allowed to go into the patients' rooms and see what they got to have with them and where their other personal belongings were kept. I think it would also would have been neat to be able to sit in with some of the patients as they were talking to the doctor and see how those meetings were and what are discussed during them.
Step 3 Evaluation The experience was okay overall, there were some parts of the day that got really boring just because the patients aren't constantly having doctors and other healthcare professional coming in and out of their rooms as they get when they're in a hospital setting. Patients are left alone for the most part, unless it's maybe time for vitals or their meds, and allowed to do their own thing and aren't forced to be involved in group activities. If they refuse, they're encouraged to attend but not made and they're allowed more freedom to do what they want to do unlike if they were under strict supervision in a hospital. I was unsure at first if we were going to get to interact with patients in the first place, just because with past experiences, patients haven't always been open to talking, especially with strangers.	**Step 6 Action Plan** The overall experience was good, just a little boring to me personally. I am used to a fast-paced day where there is usually one thing lined up after the next for the patient, so this for me, was a little too slow-paced. I thought it was still interesting though because their patients had designated smoke breaks, whereas in the hospital they're not allowed any smoking, which causes many of them frustration and problems arise between them and the staff. For the future, this will help me be more careful with the words I use both to describe and toward patients themselves when I am either speaking to them directly or about them to other staff.

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