

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: Paulina Calzada

Instructional Module: IM6

Date submitted: 08/29/2024

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>On Tuesday, August 27, 2024, Bri, Carmen and I visited Aspire Fire Sky Ranch which is a men's only recovery center for people dealing with drug and alcohol addictions. The ranch was located approximately 10 minutes outside of Lubbock just above Wolfforth. It was located just right off a country road so there was not much around it other than the ranch. My job going in was to gather insight on what a day in the life of a recovering addict looks like.</p>	<p>Step 4 Analysis</p> <p>I believe cognitive therapy was in place during the talking sessions. The therapist was picking apart the patients thinking processes and helped them understand why they were thinking the way they do. He also mentioned what the diagnostic criteria is for a person with a substance use disorder which put it in perspective why many people struggle to come to terms with their addiction.</p>
<p>Step 2 Feelings</p> <p>Upon arriving to the ranch, I was amazed by how beautiful it was and how therapeutic it felt. The ranch house looked just like a regular home and was decorated stunningly, it was well kept and had a great ambience with music playing in the background. Talking with the staff members/owners I felt right at ease. They were open and honest with why they chose to work at the ranch and their personal struggles. During the actual therapy sessions with the patients, I felt very emotional because I had never seen a group of men be so open and honest about their feelings. I felt inspired to continue to reduce the stigma of men's mental health.</p>	<p>Step 5 Conclusion</p> <p>I honestly have nothing bad to say about the experience. Everyone was super friendly, including staff and patients. I would not have minded spending a couple extra hours at the clinical sight just to get to talk with everyone a little bit more.</p>

<p>Step 3 Evaluation</p> <p>What was good about the event, was how friendly the patients were and how honest they were about their addictions. It was obvious that they know they have a problem, but are willing to take the steps needed in order to recover. It was easy talking to the patients especially during lunch time because it was a very relaxed environment. Never at any point did I feel intimidated or threatened by being in a group with that many men. I definitely was not expecting how nice the facility was going to be. They had a gym, pool, patios, kitchen and all the things needed to feel like a happy home.</p>	<p>Step 6 Action Plan</p> <p>Next time, I would make sure to write down notes because, although, I don't suffer from a substance use disorder, there were a lot of great tips the therapists would mention that I could use daily. Specifically, on how to manage interpersonal relationships and healthy coping mechanisms when under stress. I have an even greater respect for therapists and those who work in helping recovering addicts because it is a long process to go through with so many added barriers. I also walked away with a better understanding on why it is so difficult for someone to quit an addiction because of what their brain tells them.</p>

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