

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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Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 09-04-2024

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>My classmates and I went to Aspire Ranch to get clinical experience with people recovering from addiction. We were there to learn and observe their road to recovery.</p>	<p>Step 4 Analysis</p> <p>The knowledge that applies to this situation is about addiction recovery, patient-centered care, and therapeutic communication. What I saw there matched what we learned in class. It was a good experience to see how the staff build trust with their patients, and how the patients felt safe to share their feelings without being judged.</p>
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<p>Step 2 Feelings</p> <p>.</p> <p>When I arrived, I saw some people sitting in chairs reading, others walking around, and one person smoking. I looked around and was amazed by how beautiful the surroundings were. It felt like the place was designed to make people feel at home.</p>	<p>Step 5 Conclusion</p> <p>I believe I did my best during the clinical. There wasn't much to do except observe and listen, but still, I was able to learn and understand the patients' situations. I realized that as a future nurse, I need to treat all my patients equally and fairly. Everyone has their own story, and it's not our place to judge—we're there to help them recover. It's important to make sure their time with us feels supportive, so they don't see the hospital as a negative place to be</p>
<p>Step 3 Evaluation</p> <p>What I liked about the event was that I learned a lot about the place. The owner was very welcoming and shared the story of how he and his wife started it. They had a humble beginning, and what I really appreciate is that, even though they work with insurance, if a patient's insurance stops covering them after a few days, they still let the patient stay until their discharge. They don't make them worry about payments or leave in the middle of their recovery because of financial issues.</p> <p>The difficult part of the event was that, even though most of the clients were friendly and welcoming, we didn't get a chance to talk to any of them. It would have been nice to spend a minute having a small conversation with one of them. I felt confident about approaching someone because I saw a patient who was assigned to me during my clinical at Oceans.</p>	<p>Step 6 Action Plan</p> <p>I will use this experience to become a thoughtful and careful nurse in the future. I will treat everyone with respect, no matter their situation. I want to help my patients feel safe and make sure they know they're not being judged. My goal is to support them through their recovery and make a positive difference in their lives.</p>

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