

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Name:

Instructional Module:

Date submitted:

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

<p><b>Step 1 Description</b></p> <div style="border: 1px solid black; height: 20px; width: 150px; margin-bottom: 10px;"></div> <p>I went to New Beginnings off of University for my AA meeting. The date was September 3rd, 2024, and who all went was myself and Alina Mills. We observed the AA meeting by sitting and listening to their experiences in the topic of “God is for us”. It was a great, interesting experience where we definitely learned a lot from.</p>	<p><b>Step 4 Analysis</b></p> <p>From what little I have known before, I can definitely apply that the “meeting” aspect is similar to what I have seen. I do feel like there were different experiences happening in the room at the same time. There was I, a nursing student just observing the meeting and observing the people. And of course there are the clients, there for themselves, their perspective is different from ours, maybe even confused as to why we were there, but did not stop them from sharing.</p>
<p><b>Step 2 Feelings</b></p> <p>At first, I was a bit nervous because I was not sure what to expect other than what movies depict. I was definitely confused when arriving because the entrance and parking was in the back of the building so we had to walk around. When inside, it was more relaxing because everyone was very respectful to each other, especially when someone starts speaking. I felt for these people because they have gone through a lot of different things and here they are trying to better themselves.</p>	<p><b>Step 5 Conclusion</b></p> <p>There really is not much I would change, I came in with an open mind and left more knowledgeable than before about this topic. I learned that people can reach out to places like this and they will get hit with kindness and openness. these places are there to help people recover and cope with the feeling of using and abusing. I also learned these people are normal people with lives and they have gone through many things I would not have imagined anyone would go through.</p>
<p><b>Step 3 Evaluation</b></p> <p>what was good for the event was the openness the clients have with each other and the respect they have for one another. They are able to break down and share how their choices affected them and how they are trying to cope with it now. What was difficult was hearing their stories, how close they have been to death and even the family that have left them. Honestly, I did expect a different outcome, I expected to see people that visually looked like they were addicts, but there were many people that looked “normal” and you would not think they were addicts.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall, this was a good experience to go through. This opened my eyes more towards the community and what they go through, and even some challenges they may have to reach the destinations. I will apply this experience to my career as a nurse in taking care of my patients and even offering travel solutions to those in need.</p>