

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:

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>Step 1 Description</p> <p>On September 4th, 2024, I went to Aspire Sky Ranch for a clinical rotation. I was with Alina and Veronica for this rotation. We were given a tour of the facility and talked with the owner and he shared their vision and reason as to why they came up with this business of helping people. We then observed their group thereapy meeting and were even able to join them for a meal.</p>	<p>Step 4 Analysis</p> <p>The solutions they offer are great! They help people literally get off the street and into recovery. They help people who need but mainly that want the help. The method of the owner is so down to earth and connecting with the clients.</p>
<p>Step 2 Feelings</p> <p>At first, I wasnt sure what to expect. Possibly a more rundown type of housing but that was quickly wrong. I felt amazed of how everything looked. I loved how everything was run, including the housing in general and the therapy. The words spoken from the clients made me feel bad for them but also made me feel happy for them cause many were happy to be there and being sober.</p>	<p>Step 5 Conclusion</p> <p>I would not have changed a thing for this rotation. I came in wanting to learn more and did just that. Everything they did was very good, very respectful and open to each other and even to us student nurses, from owner to client, everyone was very nice. I learned that they work with EVERYONE, no matter what substance was abused, after their evaluation, if they deem them fit for the facility, they help them so much and even offer solutions for people without insurance, and help with “scholarships” as well.</p>
<p>Step 3 Evaluation</p> <p>This experience was great! I learned a lot about this facility and how they work and what they offer. Honestly, nothing was ever bad about it, I thought the way everything runs was ran perfectly. The main thing we did was sit in during their group therapy but that went very well and everyone shared and were open with everyone else. I did not know what outcome I was expecting, but that was a great outcome!</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience was great, and very eye-opening. I had never heard about this place, but after seeing what they do, now I am able to give recomendations to others that may need their help. With everything that I have learned, I am able to care for my patients with the knowledge from this facility and, as I said before, I will be ablt to give my patients recomendations if they need to attend a facility like this, and educate them on how they operate.</p>