

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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Instructional Module: 6

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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, I went to an Alcoholics anonymous meeting with the Southwest group. I went with Brianna Fenton. I didnt do much except listen to the meeting. I made friends with the guy I sat next to because he realized I was just there to observe and he was really helpful with what was happening during the meeting.</p>	<p>Step 4 Analysis</p> <p>What I can apply to this situation from my studies is therapeutic communication. When I was speaking with some of the people there, they were unloading a lot of what drove their addiction and I could have used better therapeutic communication. I could have said things like “This seems to upset you” or “ Tell me more about that.” I wasn’t being judgmental but I also did not know what to say when people talked about their addictions. The meeting helped get a better feel for how I should talk to patients in the future who struggle with addiction.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I was feeling very nervous. I did not know what to expect. As group started and I got to be a part of the discussion, I started to be more at ease. I felt like I was learning just as much from the group session as everyone else. Getting to hear the different stories of the men and women who were there in recovery gave me more compassion for people who find themselves in situations where they need help. I was able to relate more to those people than I thought.</p>	<p>Step 5 Conclusion</p> <p>I would not have done anything differently except talk to more of the people and also be able to say more to them. The impact some of the peoples’ stories had on me was great. I have several addicts in my family that I have a hard time understanding, but getting to hear what goes on in the brain of an addict helped me have more compassion.</p>
<p>Step 3 Evaluation</p> <p>What was good about going to an AA meeting was that I learned a lot about the minds of addicts. I wouldn’t say that there was anything bad about the experience. It was pretty easy being there because I really didn’t do anything except interact with people. I felt like I did well talking to the other people around me and I felt like Brianna did a great job doing the same. I did not expect a different outcome and I did not think anything went wrong.</p>	<p>Step 6 Action Plan</p> <p>I would not have done much differently. I will use this experience going forward when being around other addicts. Stigma is a huge thing surrounding addiction and I want to be able to break that.</p>