

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.

Step 1 Description This past week I went to Oceans. In my group was Brianna and Vanette. We got assigned a patient that we gave report on and also got to assess. Other than the assessments we got to sit and talk with the patients. We also got to do many activities and sit in on the group therapy sessions.	Step 4 Analysis What I can apply to this situation from my studies is therapeutic communication. When I was interacting with patients, trying to get their stories on why they were there, they unloaded quite a bit of really sad stuff. Some of the things these people would tell me would be extremely heavy and I wouldn't know what to say. I could have said things like "This seems to upset you" or "Tell me more about that." but it was hard to know what to say without trying to upset them more or make them feel like I did not care. I wasn't being judgmental but I also did not know what to say when people talked about their sadness either. Going to Oceans helped get a better feel for how I should talk to patients in the future who struggle with mental illness.
Step 2 Feelings At the beginning, I was feeling very nervous. I did not know what to expect. Everyone ended up being very nice. It felt like just a bunch of people hanging out together more so than a mental health facility. I was glad that the staff felt like friends to everyone more than they did caregivers too. It was nice to be able to not be stressed at a clinical site for once and just enjoy the experience.	Step 5 Conclusion I would not have done anything differently except talk to more of the people and also be able to say more to them. I also would have loved to be able to not be so awkward around people when they would tell me sad things.
Step 3 Evaluation What was good about going to Oceans was that I got to observe what some mental illnesses looked like first hand. The only thing that went wrong was that there was an argument between a patient and the charge nurse about community cigarettes that could have escalated very badly. 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 and Vanette did a great job doing the same. I did not expect a different outcome and I did not think anything went horribly wrong other than the incident with the patient about his cigarettes.	Step 6 Action Plan 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.