

## 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: **JESSIE ESPINOZA**

Instructional Module: **6**

Date submitted: **9/10/24**

*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> <p>My clinical started at Aspire. Very nice facility &amp; staff. I was very welcomed &amp; comfortable during my entire clinical. My role today was mostly observing the facility, patient, and therapist at work.</p>	<p><b>Step 4 Analysis</b></p> <p>This facility helped me clearly understand what we talked about in class of substance abuse and the brain receptors. Being in the facility I was able to talk to the patients and understand what signs and symptoms they were feeling. Knowing the way the steps are for recovery gives me insight on how I can educate my future patients when i become a nurse is very important. It helps me become a stronger advocate for my patients.</p>
<p><b>Step 2 Feelings</b> My honest opinion before viewing the patients is that I made myself a mental thought of who the patients would be. I thought it was going to be low socioeconomic status. Once I met the patients I realized that they are normal people who have actual life's such as work , families, and college degrees. This facility opened my eyes in different perspective and I realized that these people are not bad people, they just made mistakes and need help. Which is totally okay and understandable.</p>	<p><b>Step 5 Conclusion</b></p> <p>I believe this situation was very helpful and useful. I feel as i can carry this on when I do become a nurse. I wouldnt have changed anything from this clinical experience It was very well organized facility and very helpful information.</p>
<p><b>Step 3 Evaluation</b></p> <p>This clinical experience was honestly amazing, I really enjoyed everything. From the environment and people. I believe that this facility is successful because of the Owner. His attitude and aspiration for this program. I liked the way the facility was set up and the environment for the patients along with the activities and amenities aspire offers. It is a very structured facility and especially with owner conducting meetings and giving useful advice. The people behind Aspire can truly understand the level of the patients in a realistic way because they have once suffered from problems like these as well.</p>	<p><b>Step 6 Action Plan</b></p> <p>This over all clinical was great and very useful. I learned alot of things from the patients to the therapists. When I do become a nurse I understand what the next step for a patient is suffering from addiction and can advocate to this facility. The owner of the facility was very approachable and said if we had any questions , to contact him. He made Aspire a easy resource that we can guide/ advocate our patients to look into if they suffer from addiction.</p>