

## 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>

# Covenant School of Nursing Reflective Practice

Name: cj bradford

Instructional Module: **6**

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> <p>In addition to attending an AA meeting, my clinical rotation for this week was to go to Aspire Fire Ranch Recovery. At 1100, me and two other students, Lauren and Star, arrived at the facility. Our goal for this clinical was to observe inpatient alcohol and drug rehabilitation. We were able to take a get a history of the facility, tour the grounds and rooms, sit in on two group therapy sessions, and eat/chat with the patients. We ended up getting a full clinical experience.</p>	<p><b>Step 4 Analysis</b></p> <p>With my past acquaintance with recovery sites and halfway houses, I have seen many places that are extremely tumultuous and traumatic to the patients. At Aspire, one of their beliefs to ensure that the patients do not feel like they're being punished for choosing to better themselves and that they feel they are not paying the price for their past decisions. Upon entering the location, this is immediately made evident. With spacious rooms, many leisure time activities, connection to the outside world, and hands-on team members, their desire to provide an inviting, healing home creates a milieu perfect for recovery. This has proven to be successful with the statistic of the patient that they have been able to help get and stay sober.</p>
<p><b>Step 2 Feelings</b></p> <p>I was very excited to attend this clinical site. While doing research for recovery houses in Lubbock for other family members and patients at my job, I came across this facility and was very interested, so when I heard that we would be going here I was looking forward to going. Upon pulling up and meeting the owners, the excitement only grew. I have always had a passion for addiction recovery due to past experiences and seen many of disappointing places that were not therapeutic or conducive to healing. Hearing the impact statement and mission of Aspire, gave me feelings of hope that one day a site like this will be the standard and not a diamond in the rough. This is important because now I have newfound faith in the future of recovery moving from something punitive to encouragement to stay sober and healthy.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned many ways to therapeutically communicate and a new resource to recommend to people both clinically and personally. I do not think there is anything that could have made this experience better. I hope they continue to do more amazing work and that they can keep expanding to women as well.</p>
<p><b>Step 3 Evaluation</b></p> <p>Everything about this clinical experience was great. I have never seen a facility like this before. I truly have no notes on things that could be better besides encouraging them to continue with plans to open a women's facility. The owners and other employees at aspire are in the business of recovery for all of the right reasons and have personal experience with addiction and know to best help their clientele. By providing a more than comfortable living environment and therapy on a level that is easily receptive to the patients, their experience produces an outcome of longevity to their sobriety.</p>	<p><b>Step 6 Action Plan</b></p> <p>I am very thankful to have been a part of this clinical rotation. I am so thankful that the other students get to experience the amazing work that Aspire is doing. I can carry the knowledge of what recovery can look like and hold other facilities to this standard and encourage future patients struggling with addiction to seek help from an environment like this.</p>