

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>Myself, Cayman, and Alajeah attended clinical at Aspire-Fire Sky Ranch on 9/25. We heard many great things about the facility and were excited to see the recovery process. We arrived and were shown around by Erin, one of the owners. We were impressed off the bat at all of the amenities the men had access to for their treatment. We then met Robin the other owner and he explained to us about the facility and what they offer. We were able sit in on Group Therapy, eat dinner with the guys, and then return for the last part of group.</p>	<p>Step 4 Analysis</p> <p>This experience made me realize that Mental Health extremely important to every person we encounter and that although there is a stigma regarding drug/ alcohol use: it is the result of trauma, mental illness, abuse, etc. and that these men and women are coping the best way they know how. Although all of us that suffer with mental illness have the same feelings, we all still feel shame.</p>
<p>Step 2 Feelings</p> <p>The topic for the group was going over "the twelve steps" and working THE program versus living ones own program. The information and the feedback was very helpful and interesting. I liked how he not only gave examples of applying the principles to addicts, but to everyday life and relationships. I could see the various stages of recovery of these guys. Some were "buying" what he was saying and other weren't quite there yet.</p>	<p>Step 5 Conclusion</p> <p>All three of students were really pondering on mental illness and agreed that the topic needs to be at the forefront of giving holistic care to a patient. Mental health is viewed negatively, and it is hard for the mental illness patient to admit they have a problem for fear of being looked at differently.</p>
<p>Step 3 Evaluation</p> <p>I enjoyed hearing the feedback from the guys and the questions that they had as far as how they were going to get to the point that Robin had reached. Robin stated that he makes a conscious decision to review the steps every day and to CHOOSE to apply them. It made alot of sense in what I was hearing and how could apply this to my own depression/anxiety and relationships. He explained that treatment was not only treating the addiction, but the underlying causes that make them want to abuse drugs and alcohol.</p>	<p>Step 6 Action Plan</p> <p>This experience really touched me and I hope to speak about dropping the stigma around mental illness/ addiction. One of the things that Robin said is that no one wakes up and decides they are going to ruin their lives today; addiction is only the route taken to numb the feelings and trauma one has experienced. We as nurses need to STOP, LISTEN, and THINK about what our patients are really telling us.</p>