

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: IM6

Date submitted: 09/26/24

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>After announcements Steve read a topic from "The Blg Book" and then all discussed how that topic related to them. The topic was how when talking to new someone that may be in need of treatment to just talk to them about your own experience.</p>	<p>Step 4 Analysis</p> <p>As we have learned throughout this module, people who end up as addicts/alcoholics are seeking ways to numb the feeling that come with trauma, abuse, mental illness etc. AA is a tool to help with the way they cope, but the common issue is that they are all seeking something that alcohol can not fully give them.</p>
<p>Step 2 Feelings</p> <p>I was eager to hear how the meeting would go and what input others would give. Everyone was welcoming and stated they were glad to have me there. I was feeling more comfortable as the meeting went on. I gained insight on the people dealing with alcohol addiction and learned that some had 30+ years sober and some were under a year, but they were all the same person in need of support.</p>	<p>Step 5 Conclusion</p> <p>I think the meeting went well and all members in attendance shared what was on their hearts and minds that day, and how they cope emotionally and spiritually every day. I appreciate the perspective that I gained by being in attendance</p>
<p>Step 3 Evaluation</p> <p>After announcements Steve read a topic from "The Blg Book" and then all discussed how that topic related to them. The topic was how when talking to new someone that may be in need of treatment to just talk to them about your own experience, without judgement or telling them they need treatment. Most everyone contributed with their experiences regarding the topic.</p>	<p>Step 6 Action Plan</p> <p>Having spent this time with the group has made me change my thinking regarding why most people abuse alcohol/ drugs. I hope that this and our other experiences help me to remember that all patients are equal and deserving of all the care that we have to provide. When you sum it up every single one of us is more alike than not and we could all end up here is circumstances were different or change. We need to extend grace to everyone we encounter.</p>