

Covenant School of Nursing Reflective



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, document each step. The suggestions in the boxes may help you as you reflect on the incident. 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 incident, with relevant details. Remember to <u>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?
<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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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <p>Today at clinicals I was able to attempt to do a venipuncture on a patient. I introduced myself to the patient as they got to the floor as a new admit. The patient was willing to allow a student to attempt to draw his labs even though he had a long day prior to getting admitted to the floor. The patient's total patient care nurse was in the room and was letting me assess the patient and allowed me to look for a good vein to draw blood from. The patient had a family member in the room as well. While I attempted to locate a vein that I would be able to draw from; the nurse was able to answer any and all questions from the family member. The nurse was also able to distract the patient as to alleviate any anxiety the patient must have been feeling.</p>	<p>Step 4 Analysis</p> <p>The TPCN's experience in the attempt to draw blood samples from the patient were like my experience. We were both unable to get the blood specimen that we needed. Because the nurse's experience was the same as mine, it made me feel like maybe I wasn't so terrible at my attempt. And maybe the patient was just a hard patient to stick. The good thing about it was that there were other nurses that were willing to attempt to draw the labs on this patient. Two nurses were ready and willing to stick the patient next to help me and the primary nurse out with this task.</p>
<p>Step 2 Feelings</p> <p>My feelings in the beginning of the situation were that of nervousness and excitement. I have not had a lot of opportunities to draw blood on too many patients. Because I have not had a lot of blood draws, I was excited about getting the opportunity to do so today. I was thinking that it was a great time to do this because I was all caught up with charting and I had just checked on my other patients. Because I was caught up and my patients were ok, this lessened the pressure and completely took away any feelings of being rushed. Even though I was able to give the patient my full attention; I still was not confident because I have not had a lot of experience in venipunctures.</p>	<p>Step 5 Conclusion</p> <p>I feel like the whole situation would have been better if I was better at drawing blood. I know that I will get better at it though. Other people did make this situation better by being there to offer moral support. Also, when I was unable to obtain the lab draws there were nurses around that were very helpful and offered to help me out. This made the whole situation better because it reassured the patient that they were being well taken care of because there were people that were willing to have great teamwork and help each other out.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the situation was that I had the support of the TPCN and a fellow student that was also in the room. It was very calming having so much support while doing something that I was not confident in doing. After I found a vein that I thought would be a good one to get blood from; I told the patient exactly where I would be inserting the needle. Then I counted down out loud and when both myself and the patient were ready, I stuck the patient. The patient did not say that it hurt in any way. But I was unable to get a specimen from the patient. I had to have the TPCN attempt to stick the patient. The patient and the family member that was at the bedside did not seem bothered or put out in any way. The nurse stuck the patient after I did and she also was not able to obtain a specimen. Then we called another nurse into the room to try to see if someone else would be able to get a specimen from the patient.</p>	<p>Step 6 Action Plan</p> <p>I think that overall this situation could have gone better if I had been able to obtain the venipuncture on the first try. But even after that did not happen, it still went well. The amount of teamwork that the floor had was what made the situation better. Also, the positive attitude that the patient and their family member had also made the situation better. The patient had spent all day in the emergency room, and I can only imagine how exhausted they were. Then to have to be stuck by multiple people for a lab draw much had been frustrating. But the patient did not seem upset in the slightest. Although I was not able to complete the task that I wanted to; the patient, family member, and staff really made the best of the situation. Next time I will try to harder and hopefully be able to successfully access the venipuncture.</p>