

# 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><b>Step 1 Description</b> 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"> <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. personnel / patients / colleagues?</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

*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><b>Step 1 Description</b>                  On February 26<sup>th</sup> 2020, I was at clinicals on South 8, the urology floor. It was my second day of clinicals in IM4, and I'm feeling pretty confident with my skills and knowledge that I have learned up to this point. I was following my nurse, and I did a great job at performing skills such as giving subQ and IVPB meds, dressing changes, and blood draws. As we were going into a patient's room to give his Vancomycin IVPB, my nurse told me to flush his IV site to check for patency. When I began to flush his site, I felt resistance. I didn't want to push through it, because there might be a blood clot, so I handed over the syringe to my nurse for her to try. She also could not flush the site. The nurse decided that we should start a new IV on the patient and she told me to do it. It was at that moment that I panicked because I forgot my skills in starting an IV. As I gathered the equipment to start the IV, that gave me some time to think about the steps, but I was still nervous. I tied the tourniquette on my patient's arm, and palpated around to look for a good vein, but his veins were quite difficult to work with. Long story short, it took 3 times to start an IV on him because there wasn't a flash return. The charge nurse had to come in and assist.</p>	<p><b>Step 4 Analysis</b>                  Back in module 2, we learned that any time there is resistance when flushing an IV site, that could mean that a blood clot has formed. My patient's site had resistance, this now makes me wonder if he has a blood clot. It makes me question if a blood clot is the only result when a patient has resistance, or could it be various other things? As a student, I am still mastering the mind of critical thinking and how to deal with adverse situations. This was my first time experiencing a patient who had resistance upon flushing.</p>
<p><b>Step 2 Feelings</b>                  At the beginning, I felt very nervous. For some reason I have no problem doing a blood draw, but when it comes to starting an IV, I lack confidence. I didn't want to tell the nurse that I couldn't do an IV in the patient's room because that would look unprofessional. I figured the nurse would guide me through the steps while I was doing it, and she did. When I didn't get a blood return on the first try, I felt defeated, as if I did something wrong. I thought it was my fault, then the nurse told me to move the needle slightly to the right, I still didn't get any blood, the nurse then tries to stick the patient again and she didn't get a blood return either. It made me feel better because now I'm thinking that it could be the patient having difficult veins. The patient then tells me that it has always been hard to get blood on him, and that made me feel better. I thought it was my fault for sticking him wrong, and I felt very bad at the fact that we had to stick him again.</p>	<p><b>Step 5 Conclusion</b>                  I could have made the situation better by having more confidence when I walked into that room. I've learned that after learning my skills in module 2, I can't just move on from it, its something that I must continue practicing. It's a scary feeling to forget my steps, and now I've realized the importance of continuous practice. This event was definitely a learning experience, not every patient will have good veins and its my responsibility to learn how to work with patients of all types.</p>
<p><b>Step 3 Evaluation</b>                  The good thing about the event was that we flushed his first IV site and learned that there was resistance. If we didn't do that before administering an IV medication, there could've been further damage. I feel like the bad part about this was having to stick the patient multiple times, but the patient was so kind and relaxed throughout the whole process, he never complained and that made me less nervous. He was the perfect person to practice my skills on. I definitely expected a different outcome because I didn't think it would take so long to find a good vein on the patient. On the first stick, I thought it would've been as easy as my previous blood draw, but this one was a challenge.</p>	<p><b>Step 6 Action Plan</b>                  As stated before, this situation was a learning experience. A year from now when I graduate, a nurse or instructor wont be over my shoulder walking me through the steps of my nursing skills. I will be on my own. That is why it is important to focus on mastering my skills now, so that it will be easier in the long run. The lesson that I learned in this situation is to practice, practice, practice. You can never be too good at what you do, there will always be flaws. Now that I have experienced a patient with hard veins, it should be a piece of cake working with patient's with good veins. Starting my first IV on a patient with difficult veins was not my ideal experience, but I am glad it happened because now I know what to expect with my future patients.</p>