

## 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. personal / 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></p> <p>I have this patient since her admit date until our 3<sup>rd</sup> day (last/Wed) of clinical this week. She has a recurrence bowel obstruction because of her perforated bowel since she was nine months old. First day, she is doing okay – low pain level in the abdomen, constipated, and have a distended abdomen. Second day, her condition got worse – nauseated, vomiting, and moderate to severe pain. She asked to put in an order for a nasogastric tube. The nurse that I was with that day put NG tube on her; suction it and the contents are green. Third day, while night nurse doing shift report, I heard that she had four bowel movements. Also, I removed her NG tube that morning.</p>	<p><b>Step 4 Analysis</b></p> <p>The patient condition is rare as what my nurse told me because of the perforated bowel since she was nine months old. They did a small bowel follow through but it's moving really slow. Issues that come up in this situation is patient wanting to eat something but the patient that I have, she's really compliant on being NPO and following everything. Also being dehydrated. When I was removing the NG tube – It was easy also because the patient has NG tube before because of recurrence of her condition (So she knows how it goes), she's also not scared because if she was, it's going to make me more nervous, and she's nice patient.</p>
<p><b>Step 2 Feelings</b></p> <p>I can't imagine the feeling of having a nasogastric tube on. I feel really bad for her because Monday she's doing good then the next day, you can tell that she's really in pain, anxious, and concerned. When the nurse that I was with the third day start explaining how to remove the NG tube, I got nervous. I'm thinking I'm the one who's going to do it? But my nurse said it's easier than putting one on. After I have done it, I felt good and really glad that I did it. It was a good experience. Also, I think it's really good that she had BM because she hasn't had one because of her condition.</p>	<p><b>Step 5 Conclusion</b></p> <p>I wish I was the one that put the NG tube on the patient but at the same time, I know I will be scared on putting it on the patient. I learned that as a student try to get the experience that you can get into the hospital because you never know if you'll do it again once you're working.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good is I have the experience of removing NG tube. I thought it's going to be hard but it's actually easy. The nurses that I've been with they are really good especially the third day – she let me do everything that I can and allowed to do. The first two days was slow, and patients doesn't have that much medications or anything that was going on. Third day was busy. I gave a lot of medications and she got a new patient (direct admission). At one point, I was supposed to give a Covid-Test (swab) on that new patient but we are short on time.</p>	<p><b>Step 6 Action Plan</b></p> <p>I would try to be more confident on asking to do a skill to have the good experience that I can get in nursing school. At the same time, it also depends on the nurse that I've been with. Some nurses want to do their own thing. The nurse that I've been with the third day, she's really asking me if I already experience doing this skill or not, she teaches me all kind of things. I will use this experience – if I ever have a student, I would like to do it the way she does. This taught me about myself is that I actually improve in asking questions about disease process, or anything that interesting that I don't know.</p>