

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 While caring for a patient admitted for seizure activity 2nd to substance abuse I witnessed an altercation between the patient and his older sister. While I was performing an assessment and asking general questions the patient openly admitted his distain for his sister and why he was in the hospital. This caught me completely off guard. The sister was in shock and immediately teared up. I tried redirect the conversation back to my physical assessment but the patient continued to explain to me why he felt the way he did and why he was so mad at his sister.</p>	<p>Step 4 Analysis I think the patient was in denial. Unfortunately there wasn't anything I could to make him think otherwise. In order for him to come to terms with his addiction he is going to need a rehab facility with proper counseling that involves both him and his family.</p>
<p>Step 2 Feelings I was in shock and became very angry. The sister explained her concern for the patients well being stating she was the one who was there when he had his seizure and was worried that he was going to die. He didn't want to hear what she had to say and told her he would rather die than do to a rehab facility. This was the first time I've ever heard in person someone deny they had a drug problem and the effect those words had on their loved ones. It was heartbreaking.</p>	<p>Step 5 Conclusion I have learned that addiction is a lot uglier than I previously thought. That a person with a substance abuse problem can lash out at those closest to them without considering their feelings as long as it makes them fell better about themselves. That patients with addiction will say what ever they can to make it seem as if they are in control when the obviously are not.</p>
<p>Step 3 Evaluation The entire ordeal was difficult. I was at a loss for words and did not know how to remedy the situation. I told the patient that I'm sorry they feel that way about his situation but lashing out at his loved ones for trying to help wasn't the best way to handle it. He agreed with me but continued to make it seem like the entire reason he was in the situation he was in was because of his sister's actions. I wish I could say that the situation ended on a good note, but it didn't. There was not anything I or his sister could say to make the situation better. In his mind he had total control of his addiction and was not going to stop using for his sister or anyone else.</p>	<p>Step 6 Action Plan In the future if I encounter this again, I think I will get another more experienced nurse to join me and help me defuse the situation. I was put in an uncomfortable position and think that with the help of a peer together we could have kept it from becoming so volatile.</p>