

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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Today, we had a gunshot wound patient, who was an attempted suicide. The bullet went through the bottom of his jaw and exited through his face. This patient was easy to take care of while being sedated and intubated. What makes this interesting, is that he responded to everything in the sedation assessment, and he responded to slight stimuli. I haven't experienced care for an intubated patient that much in the past. This patient made me more confident giving care to an intubated patient, because we spent a long time in his room and learned a lot.

I felt nervous going in because we must keep him at a certain elevation, and we can't move him too much. But after spending most of the day in his room, I feel a lot better about caring for intubated patient. Throughout the day as we worked more with this patient, we found out that his parents are both deceased. It made me sad that there was no one to be there with him and help him get through this point in life. It showed me the reality that not everyone has someone to be there for them at their lowest. It makes me grateful for the support system I have.

The patients nurse did a great job of advocating for her patient and try to give the best care. To in return lead to the best possible outcome. I think when we have patients who don't have family advocates that its important that as a team the nurses and other members listen to each other's opinions. I think it is important to listen to others' thoughts and views because it can lead to the best care of that patient. In my experience this has been one of the best situations of a bad scenario. The nurses, doctors and other members worked so well as a team. It made me confident in the care the patient has been receiving. It shows the teamwork that is at play to ensure best outcome for this patient. This makes me proud of the school and community we have at covenant. It makes me want to work at this hospital more.