

## 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 on yourself / 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>

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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><b>Step 1 Description</b></p> <p>I was at the SIM lab with my classmates Tuesday, I was playing the role of a nurse in a high-fidelity simulation. My classmates were playing the role of a second nurse and the patients family member. The situation that occurred was, I did my initial assessment of the patient, and then I was not sure of what to do next. While waiting for the patients meds, he was coughing and was clearly requiring intervention, and I blanked and did not know how to handle the situation.</p>	<p><b>Step 4 Analysis</b></p> <p>I had a decent amount of knowledge over pneumonia and respiratory issues, given our studies this past module especially. Maslow's theory was an important part of my issue, because my patient was having breathing problems and I had to prioritize his many issues. I could tell my classmates were struggling with the same thing as me because when you're put on the spot to take care of these patients it can be difficult to stay focused. I believe the stress of the situation made us all nervous, which I hope I can get better at as the modules continue. Different perspectives from the students involved made the scenario more purposeful and successful. Everyone worked really well together.</p>
<p><b>Step 2 Feelings</b></p> <p>I was feeling really nervous most of the time and scared to disappoint, even though it was just a learning activity. I felt like I knew in my head what I was supposed to do, but just couldn't get the actions out due to the pressure I felt. The person in the control room was talking as the patient and at times it was hard to understand. I felt as if they were attempting to distract and that made it harder. Overall I think I learned a lot from the experience, but I felt like I could have done much better.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation better by being more prepared with things I learned today on HESI. If I could do it again, I would have accessed way more of the patient's chart to gather information that affected my scenario. I learned that I can do more for the patient besides just give medications. The student I worked with as the nurse reassured me and we were able to bounce ideas off of each other.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think there was a lot of good things about the event. I need to be exposed to those types of scenes to be able to prevent the type of pressure I feel when being watched. It was easy to treat the patient more like a real person when there is a response coming from someone playing the role of the patient. It was hard to dissect the situation to find the hidden clues that the instructor wanted us to catch. Watching other students and their experience as well makes me feel like we're all a team and helping each other succeed. I think all the students showed critical thinking skills during the scenario as well as the debrief. The debrief was great for truly dissecting the importance of each step of the process and why we were doing things. It also help solidate those questions I had during my experience.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall I felt good about the scenario. I was not comfortable with the interventions I needed to take, because I wasn't sure if I was doing the right thing. I can conclude that I need to be more confident in my skills, because I have taken care of these types of patients in real life. I believe that this will help me be more alert in the hospital and to believe in what I am doing</p>