

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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. Do not 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

- 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?

Step 4 Analysis

- 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. personnel / patients / colleagues?

Step 2 Feelings

Do not move on to analyzing these yet, simply describe them.

- 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 outcome?
- What is the most important emotion or feeling you have about the incident?
- Why is this the most important feeling?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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.

Step 1 Description My patient H.W. was having an extremely high BP of 157/128. He had this blood pressure around 12:30 and had it at shift change in the morning. The nurse that I was shadowing and his charge nurse as well as H.W.'s primary physician were involved. I helped my nurse check his blood pressure and administer medications in the morning to reduce his blood pressure. When H. W's BP rose again at noon, my nurse called the physician to get an order for another medication. He received the order and was also instructed to DC all primary fluids. He only was to administer the antibiotics due. The result was lowering H. W's blood pressure.	Step 4 Analysis I have learned previously in module 3 that high blood pressure for a prolonged period can cause severe results and damage to the body such as a heart attack or stroke. I was glad that the physician decided to stop all primary fluids due to this being a partial cause of his high blood pressure. The patient was starting to experience fluid overload. I think that both myself and the nurse that I was with were concerned for the patient. We both shared a common goal and we achieved that goal. Different perspectives are important because it can show you something that you may or may not have seen in a situation and you can do it differently next time. It gives you further education.
Step 2 Feelings My nurse was concerned for our patient and it made me a little frightened for his outcome. During morning rounds he said, "Lord I can't handle having a code today" and I really did not want H.W to experience one. I was glad that we received the medication and were able to start getting his blood pressure down. The most important emotion I felt during this situation is fear. Without fear, I would not be able to have any concern or regard for the patient's well-being.	Step 5 Conclusion I could have made the situation better by helping H.W stay calmer. He was not agitated but if there were a situation to arise where he needed to be calmed down, I would have helped. The pharmacy could have done better by sending the medication down in a timely fashion, due to that being the only thing in the way of lowering the blood pressure. I learned the process of a medical chain of events. How we see first-hand the problem and then call the doctor and wait for the pharmacy.

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Step 3 Evaluation

The good thing about the event is that we were able to get the medication and reduce his blood pressure. The only thing that went wrong was when pharmacy called about the specific medication for H.W and they did not have it at the hospital, so my nurse had to call the physician to get different medication. This put us back on time in order to give the medication quickly. After receiving the medication, we were able to administer it. It was easy administering the PO med. The physician and my nurse handled the situation appropriately. We administered the new medication and stopped fluids. His blood pressure was starting to decrease after checking at 13: 50.

Step 6 Action Plan

Overall, the situation was handled well. The goal was to lower the blood pressure and the outcome was just that. I learned about the importance of good communication. There are so many things that could go wrong if it were not communicated properly. Thankfully, in this situation it was handled appropriately. One thing that I would do differently is to check a blood pressure manually. The nurse checked it multiple times with the automatic and it was high, but just to have another on hand I would have done that. These lessons that I learned today will help me to become a better nurse. I had to think critically and interact with other medical personal. I now know how to appropriately handle a situation like this again. I have the knowledge and the ability to adequately apply it in another critical situation.