

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?

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>Step 1 Description</p> <p>A 92-year-old patient was experiencing dysuria, so the nurse performed a bladder scan to check if she was retaining fluids, the scan showed she had 450ml of urine. The nurse asked me to assist her with a straight foley catheter. I assisted her by holding the left leg and a flash light but it was very difficult to insert since the anatomy of the female was hard to distinguish the correct site, the nurse accidently place it in the uterus instead of the urethra, she decided to leave the foley for marking and called nurse # 2 for another straight foley and to help us with placing the foley in the correct site. The three of us were able to work as a team by nurse #1 inserting the catheter, nurse #2 holding the left leg and myself holding the flash light, nurse #1 was able to find the urethra to insert the catheter in the correct site, the foley was able to remove 600ml of urine from the patient bladder, the patient felt relieved.</p>	<p>Step 4 Analysis</p> <p>At the simulation lab I practice this procedure many times, in my mind I thought this was simple, my instructors did inform me that real patients would be a lot different and not as easy.</p>
<p>Step 2 Feelings</p> <p>When the nurse asked me to assist her with the straight foley catheter I was excited to finally see this procedure! But when I that realized this procedure is very difficult to perform I freaked out a bit! Especially when we could not find the correct site. This made me notice that its easier said than doing it, you must give it all you have, being an advocate for our patients is important. I started to feel calm when I saw nurse #1 being so patient and confident that she would get this done.</p>	<p>Step 5 Conclusion, Nurse</p> <p>I would not have changed anything on how this incident was handled, but it made me realized that all anatomies male or female, we are all different even if we are the same sex.</p>
<p>Step 3 Evaluation</p> <p>Even though we had some problems such as, not being able to find the urethra and placing the catheter into uterus. The nurse was able to get the catheter into the correct site! And best of all, the patient felt better. The outcome is we were able to work as a team and complete the procedure.</p>	<p>Step 6 Action Plan</p> <p>This incident made an impact on my learning, next time when its my turn to place a straight foley catheter into a female patient I know the steps on what to do if something goes wrong. The nurse was a great role model</p>