

## 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 eg. personal / 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>                  It was around 0900, my nurse and I were going around and giving scheduled medications to our patients. One patient we had administered the medications and were about to leave the room. I noticed that the patients head started to twitch and my nurse noticed as well. Our patient started to have a seizure that lasted around 30 seconds. She had a full body seizure and had no control of her body functions. My nurse removed the blanket from the patient's body to give a full visual of the seizure to the people monitoring the patient. My nurse told me she wasn't having any blockage to her lungs and instructed me to go and get the vital machine. After the patient had the seizure, we got vitals and had gotten the paper with images to see if the patient knew the images she was seeing.</p>	<p><b>Step 4 Analysis</b>                  The overall situation shows how to handle patient safety during a seizure. I was nervous about the situation because in my previous module I watched a patient pass away and it looked kind of like how this patient was seizing, so even though I knew she was having a seizure, I expected the same outcome as my previous patient. I understand the difference between the two situations and know how to act accordingly.</p>
<p><b>Step 2 Feelings</b>                  When the patients head started twitching I was confused but as the seizure went on I felt kind of scared for the patient. Overall I think I felt helpless to the whole situation. I was glad that the patient was okay after and was aware of where and who she was.</p>	<p><b>Step 5 Conclusion</b>                  I could have helped the situation by retrieving the vital machine faster to get the vitals from the patient as soon as she was done having a seizure. I also could have noticed the signs of her seizure sooner for example the head twitching to be ready for her to seizure.</p>
<p><b>Step 3 Evaluation</b>                  It was good that the patient didn't have trouble breathing during her seizure and that the patient was aware of where and who she was. She could identify each image on the paper and she was also able to repeat back the three words that were told to her during her seizure for her to remember, so I thought this was good.</p>	<p><b>Step 6 Action Plan</b>                  I could apply this experience to future incidents by noticing the signs of a seizure and to know to act fast because some patients can aspirate during a seizure and you must be ready to use the suction on them. Overall I'm glad the patient is okay and she suffered no major neurological problems due to the seizure</p>