

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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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>My nurse had been working three days in a row and was on the fourth day. He had been with the same patients all three days but was randomly changed to a whole group of new patients by a different charge nurse. It was not an incident; it was not bad or good. The nurse was talking about his frustrations to some other nurses and they seemed to be confused why that was done as well. I was standing next to him and another student listening in. He ended up moving on as any professional would and took care of his new patients.</p>	<p>Step 4 Analysis</p> <p>I can just learn and expect to be very flexible and ready for what changes may occur especially during a pandemic. The nurse I was with does a very good job and they apparently tend to give him much more difficult patients. All I understand is that if there is an issue to let the charge nurse or nursing manager know. The other student was feeling the same as me, upset and annoyed for our nurse. The nurse handled himself very well and I expect to do the same when I am a nurse. Overall we are there to care for patients no matter which one.</p>
<p>Step 2 Feelings</p> <p>At the time I was also confused on why he was changed. I was also feeling annoyed and frustrated for him. The words and actions the nurse ended up taking made me feel glad, because instead of complaining to the charge nurse or whoever may be in charge of the schedule, he just did what he had to do and put the patients first. In a way it made me feel empowered, because I want to be nurse and watching him handle a situation like this and be able to be flexible was amazing.</p>	<p>Step 5 Conclusion</p> <p>I did make the situation better by helping with meds, helping when my nurse forgot something, and helping him remember things when he was charting. The other student nurse did the same. We worked as a team and we learned a lot by being with this nurse. He was very nice and kind to use when learning and was a great teacher. I don't believe there was anything I could have done differently. I helped him as much as he needed me and when I wasn't needed, I helped the patients or other nurses/ aids. I learned how to stay positive and put your main focus on your new patients.</p>
<p>Step 3 Evaluation</p> <p>The good things about the event was being able to view adversity, and flexibility during an already stressful time. It was bad that the charge nurse completely changed his patients, because aside from him being upset it wasn't in the patient's best interest. The nurse knew the patients and has been taking care of them for three days so he knows them well. I know nurses get different patients all the time, but I also witnessed a nurse who had gotten his patients come up to ask questions. He could answer most and some he couldn't because he was back with them. It was difficult because this could have been avoided. I helped by giving meds making sure the patients were comfortable</p>	<p>Step 6 Action Plan</p> <p>Overall the situation was unfair, and the nurse should have stayed with his original patients for the patients benefit. If he was with his original patients it may have made them feel more comfortable because they already established a relationship and seeing a familiar face can be calming. The nurse handled himself and moved forward and dint let it interfere with his work, teaching, or caring for the other patients. I hope to be able to see past something like that when I am a nurse it was a great learning experience.</p>