

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 After my nurse and I introduced ourselves to each other this morning we went to get report from the night shift RN. When we were getting report, my nurse handed me his paper and said, "Do you have a pen cause you're going to do our report." I took out my pen and stood next to him while we received one of our reports. While the night shift nurse was giving us the patient's report, my nurse helped me prioritize the important information to write down.</p>	<p>Step 4 Analysis From my previous knowledge I have not heard of a nurse letting their student take report for them. I know a lot of students write their own report, but I do not know of any that have taken report for their nurse. Issues that could have happen from this event could have been that I missed or did not write down vital information. If I would not have written down the right information, then my nurse could have missed vital information for our patient's care. The sense I can make of this situation is that my nurse was more concerned with me learning and feeling confident in my nursing skills than speeding through and getting his job done efficiently because I know I slowed him down. My nurse has taught me the kind of nurse I want to be toward nursing students that I will have in the future.</p>
<p>Step 2 Feelings I was so nervous when my nurse told me I was going to take report at the beginning. I had never taken my own report but just listened to the RN to RN conversation during report and never fully participated. I was thinking that my nurse was crazy to give me all of this responsibility because he would need this information to take care of his patient today. I felt very important because my nurse was focused on me learning as much as possible. The night shift RNs were very nice too and slowed down a little for me. It felt so good to act like a real RN and kind of have some independence but also have the guidance of my nurse.</p>	<p>Step 5 Conclusion I do not feel like this situation could have gone any better. Nobody in this situation could have made it any better because everyone was kind and patient with me. I could have been more relaxed and less flustered in order to retain more information that my nurse told me. I wish I would have taken a deep breath and realized that I do not have to be perfect but all I have to do is try my best and learn as much as possible. This event has taught me that I need to relax, give myself grace for not knowing everything yet, and that I will learn more as time goes on and be a good nurse.</p>
<p>Step 3 Evaluation I got flustered when the night shift RN just started spouting off information about our patient, but my RN eased my nerves by looked at me and repeating the important information that I needed to write down. This was a very difficult experience, but I felt like by the end of the third report I was doing a good job of recognizing the vital information that I needed to write down and remember. I expected my nurse to get impatient because I did not know what to write down at first but instead, he was very kind and patient with me and just wanted me to learn.</p>	<p>Step 6 Action Plan I am so glad that I had this experience and I definitely feel more confident in taking report and knowing the vital information to write down now. I am so thankful for RNs that will take the time to help make me a better nurse. Next time a nurse asks me to do report I will be calmer and have a better idea of how to prioritize and get the important information written down. From now on I will be patient with myself because I do not have to perfect. I am still a student and I do not need to know everything but just keep a good outlook and learn as much as possible. This experience has taught me that good communication and confidence in the people you work with is imperative. In my future practice I will treat student nurses like I have been treated because this time is hard and you do not feel good about your chances of becoming a nurse. I'm so glad that I am in Covenant's Nursing School and get to shadow at Covenant Hospital with the great nurses that work there.</p>