

# 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></p> <p>This week in clinical I got to do an intramuscular injection for the first time. One of my patients had Irritable Bowel Syndrome and was scheduled to receive an IM injection multiple times a day to help with that. I took this opportunity to practice the skills I have learned from module two. Since only 1 mL of this medication was prescribed, we chose the deltoid muscle and the location for the injection. My nurse explained that if the medication would have been more than that amount, we would have wanted to choose the gluteus for the injection. I found my landmark by going two fingers down from the antichromial process. I held the skin taut and injected the medication at a 90-degree angle. The nurse said I did well but to inject the needle quicker as doing it slower can hurt more and make the injection site more sore afterwards. Fortunately, my patient was scheduled to get the injection again later that day, so I got to try again and use the critiques my nurse gave to improve my skills.</p>	<p><b>Step 4 Analysis</b></p> <p>When given this opportunity to give the intramuscular injection, my previous knowledge from module two came to mind on the best-practice for giving an IM injection. I remembered the landmark for an IM injection in the deltoid and the angle to administer it. I was glad I got to practice and improve my injecting skills.</p>
<p><b>Step 2 Feelings</b></p> <p>I was happy to receive the critiques from my nurse on how to give a better intramuscular injection that would be more efficient for the patient. I took her critique and applied it at the next opportunity. She said it went great the second time and that she could see I had improved.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned that injecting the needle quicker results in less pain for the patient during and after the injection. I am glad my nurse educated me on this that way I was able to improve my skills and make it a pain-free experience for my patient.</p>
<p><b>Step 3 Evaluation</b></p> <p>This situation went very well. I was glad to hear how I can improve my injecting skills and get to try again a second time. I liked the way my nurse educated me on the medication and how to administer it the best way for the patient to be pain-free.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I thought this was a great learning experience for me as a student nurse. I appreciated the critiques and knowledge my nurse gave me, and I will continue to use this information in my future practice as a nurse.</p>