

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>It was mid-morning at clinical, I had a patient with some wounds on her feet and ankles. The doctor had ordered for him only to come and change the dressings on the wounds every other day. My nurse told me the dressings were due to be changed the next day, however he was concerned that the dressings were falling apart and needed to be changed sooner, so he called the physician. He told my nurse to go ahead and remove the dressings himself, inspect, clean, and redress the feet. My nurse allowed me to do much of this process, which I was doing for my first time. I was able to successfully clean and dress the wounds with the guidance of my nurse.</p>	<p>Step 4 Analysis</p> <p>I had some previous knowledge of wound care from my nursing lectures and many readings in the textbooks, but having only changed dressings on minor wounds such as stage 1 pressure ulcers, I had reserves about my abilities. I can relate Levine's conservation model to my care for this patient. I could use this model in practice by acting to preserve patient energy and more specifically the skin integrity of this patient. I implemented this during my time in clinical by promoting rest and performing wound care as previously described.</p>
<p>Step 2 Feelings</p> <p>At first I was pretty nervous to do this, as I am with most new skills. However, I was excited for the opportunity and thankful for the helpful tips my nurse had to give along the way. The patient was even telling me how she thought I was doing a good job and hoped the best for my future, which felt really encouraging. Overall I was really comfortable during the procedure and was glad I could help the patient feel better.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by having increased confidence in myself, and realizing that just because it is the first time I am doing a skill does not mean I will mess up on it. Again, my nurse couldn't have been more helpful and happy to teach me. I also learned a lot about the different types of gauzes and supplies used to treat the wounds.</p>
<p>Step 3 Evaluation</p> <p>During the wound care, the easiest part was removing the old gauze. I just carefully removed the gauze and the Xerofoam off of her feet. The part that scared me was cleaning the wounds and making sure I did it correctly. It wasn't that it was hard, I had just never done it before and was getting steps from my nurse as I went, which I appreciated. I was surprised that it was as easy for me to do as it was and now I know it will not be so scary next time.</p>	<p>Step 6 Action Plan</p> <p>I will definitely be able to reference back to this moment throughout the rest of my schooling. There's nothing I would have necessarily done differently besides not be so nervous. I will be able to remember the reassurance I felt during the procedure in future incidences and I think that will allow me to move more swiftly and with more confidence.</p>