

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. personnel / 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>During this week at clinical I was able to practice several skills, but by far the one that stands out the most was my experience drawing labs on a patient. As a student nurse, I was given the opportunity to draw a lab on a patient that was experiencing severe weakness and numbness in his upper and lower extremities. This particular patient was more than willing to have me perform this skill, even though I was obviously nervous. The patient's family however were concerned. The nurse I was following did a wonderful job explaining the importance of students experiencing skills and reassured the family member that she would guide me through the whole experience. I continued to perform the lab draw, but sadly I struggled to find a vein. Leaving the patient, myself, and the family member in worry, but the nurse continued to stay calm and instructed me through until we achieved blood return. The long and uncomfortable experience did leave the patient a little dizzy, but this event did lead to a successful blood draw.</p>	<p>Step 4 Analysis</p> <p>I believe, as a nursing student in high demand environment, it can be easy to put pressure on yourself to be a flawless student. To do everything well. To feel high stress and negative thoughts when we don't. This event brings light to that very perspective current nursing students have in the COVID generation. This view, that feels valid, can become the wrong focus. One that focuses more on the caregiver than the patient. Which, in my opinion, takes away from the true motivation of nursing. The patient. In Potters' Fundamentals of Nursing, the patient is always first. And rightly so. The patient, and what we can do as nurses to provide the best care, should be our first priority. Even as student nurses, this should be our main goal. Leading to this important point. That our perspectives can drastically impact the perspectives of our patients. In my experience, and events experienced of my peers, this point is often missed.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I definitely felt nervous. Being around needles has always been something I haven't enjoyed, due to a traumatic experience as a child. The initial issue with struggling to successfully enter the vein was discouraging. Seeing the reaction from the patient and the family member was also lowering my confidence. In the moment, I just wanted to provide the best care I could, but my nerves were getting the best for me. The actions by the nurse, that resulted in the positive final outcome, helped me to feel relieved, Not only in the fact that the event was over, but also in the way she managed to lead the situation to joyful and without tension. This to me, this joy, was the most important emotion. I believe this because it genuinely left me shocked. What a way to provide the best care for your patients and student nurses.</p>	<p>Step 5 Conclusion</p> <p>There are a few things that I would've changed about this event. The most important is my self-focused view that encouraged the nervous interactions with patient and family. I believe this could've made the situation better by lowering pressure on myself and giving myself confidence in not only my ability but in the nurses as well. In conclusion, this experience was difficult, but taught me a couple valuable views. The first being that the patient is first. And second, nursing school is all about learning. Myself and my peers will have faults, but that's okay. We can learn from each experience and build the skills of great and prudent nurses.</p>
<p>Step 3 Evaluation</p> <p>There are several good and bad perspectives in this event. A bad and difficult aspect of this event was the tension I experienced, and the pressure I put on myself to perform this skill perfectly even though I hadn't successfully performed it yet. This wasn't done well because it showed everyone just how nervous I was, resulting in an uncomfortable situation for everyone present. A good and less difficult aspect was following the nurse's instructions, even through the most tension filled moments of the event. Knowing I was anxious before, this outcome doesn't surprise me. I would, of course, hope for a better outcome. Observing the nurse perform her skills, and just how well she recovered the calm and relaxed affect in the room that was there before, taught me practical nursing skills.</p>	<p>Step 6 Action Plan</p> <p>I am thankful for this week's clinical experience. It has re-opened my eyes to the true foundational views of nursing. It has also taught me a lot about my own thought process, and ways to calm down my nerves. Hopefully, the next time I am performing a lab draw I can remember this experience and remind myself the importance of patient centered care. Also, I can recall the nursing practice performed by the nurse I followed that successfully completed the lab draw, and comforted the patient and their family. These reminders can help me to become a better and more thoughtful nurse in the future.</p>