

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>This week at clinical, I was able to work with two patients with Alzheimer's. This was my first time getting to pay special attention to a patient with Alzheimer's, and that was a very mind-altering experience for me. With a positive, patient, and caring attitude, I was able to make these two patients feel comfortable and heard.</p>	<p>Step 4 Analysis</p> <p>An issue that could have arose from this event if the patient had had a nurse is that didn't care to make the situation better, and take the time to help the patient feel ok and understood, is that they could have been in a panic which could have led to further confusion.</p>
<p>Step 2 Feelings</p> <p>At the time of the encounter, I was feeling a little bit nervous because I had never had a patient with Alzheimer's before, but once I entered the room and began to build my relationships with my patients, I learned that they just need a little extra care to feel ok. I felt so happy that the patients who were very confused, and possibly very scared, felt comfortable with me once I started engaging them in conversation.</p>	<p>Step 5 Conclusion</p> <p>One thing I learned from this situation is how important it is to pay special attention to all patients. Each patient is experiencing something different, and as nurses, it's important we try to understand what our patient is going through in order to help them feel comfortable and safe.</p>
<p>Step 3 Evaluation</p> <p>It was difficult for me to remind the patients of certain things. There were several times the patients would forget they were at the hospital, or what happened. At times my patient believed her husband, who had passed away, was still alive. But I tried my best to remind my patient of things and to orient them to their location.</p>	<p>Step 6 Action Plan</p> <p>I think I can apply this to other events by being able to take the extra time to sit down and talk with all my patients to see how they're feeling and where they're at mentally and emotionally. No matter what condition a patient may be experiencing, it is important that we be more than just a nurse to them, and instead take the time to listen and try our best to understand what they may be going through.</p>