

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 Something that happened with my nurse today was just the amount of patient care she exhibited. Even though she was very busy today she didn't fail to get to know her patient and make sure they had everything they needed before she left the room. I was alongside the nurse just making sure she had everything she needed, I was just an extra pair of hands. The nurse was involved and another classmate of mine and I were all involved in the patient care. We were there for the patient, and just taking care of everything that needed to be done.</p>	<p>Step 4 Analysis Having patient advocacy is something I could apply to this situation. Just making sure the patient is very well taken care of because of how vulnerable they are in the hospital, just being there for the patient makes the biggest difference in the world. The nurse was just doing her job, she was taking care of a sick patient to the best of her abilities despite all of the other patients she needed to tend too, she was showing a very good time management schedule.</p>
<p>Step 2 Feelings I was very tired in the beginning and just trying to process everything the nurse was doing. I was in awe of how my nurse was invested in her patients as she was doing all of her admitting questions she made sure to also get to know the patient and make sure she knew what the patient needed. The event made me feel excited for my future in nursing. The way the nurse was talking to her patient who was in a really high amount of pain was very comforting, she understood what the patient needed but she also knew what she needed to do in order to help the patient. I feel that the outcome was really as it needed to be she helped the patient out of the extreme pain she was in and that was the top priority. The most important feeling I had about the situation was comfort in knowing that the nurse was giving the best care she could and that she really cared for her patients and really wanted to understand the patient. This was just very important for me to see because that is how I want to be as a nurse.</p>	<p>Step 5 Conclusion I think talking to the patient a little bit more and just using comforting words is something that I could have done better. Something that could have made the situation better was probably just making the patient comfortable before any information was being asked because she was in extreme pain as the nurse was asking her many questions. I could have probably just been more involved into what the nurse was doing and how she was managing her time. I have learned that there are nurses who really care about every single patient, and getting to know your patient makes the patient care a lot more intimate and makes the patient more comfortable.</p>
<p>Step 3 Evaluation The great thing about this event was just seeing the patient being taken care of very well. As small as the situation was it really made a lasting impression on me today, it made my heart warm. The one thing that was bad was knowing how much pain the patient was in. What was easy was listening to the patient and being able to take care of anything that needed to be done. The difficult thing was waiting for the pain meds because the patient was so squirmy because of her pain. What went well was watching the patient ambulate because she had not been able to do that the day before. Something me and my classmate did well was being there for the patient as she was vulnerable, she could not make it to the bed side toilet at one point and we were there to make sure she was clean and had fresh sheets and attire in order for her to be comfortable. I saw the outcome I expected a comfortable patient. There was nothing that went terribly wrong.</p>	<p>Step 6 Action Plan I think the overall situation was something very important for me to see because it was nice just to see solid patient care and communication. I can conclude that the nurse has had a lot of experience in the hospital and that she knows how to provide patient care to the best of her abilities. I would help the nurse with as much as possible next time, and just make sure I was doing everything I could for the patient. I can just make sure in the future that I am like this kind of nurse the best advocate I can possibly be. This has taught me that this is the exact reason why I want to become a nurse and it was nice to see a nurse that was so caring and considerate but yet very professional and got things done.</p>