

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>I was able to take care of patients with post-operative laparoscopic surgery, patient suffered abdominal pain due to gastric sleeve infection, patient with asthma. Talking to my patients was very helpful in guiding me on how I can give the appropriate care they need. Having a short talk with the patients was good way for me to have my physical assessment done.</p>	<p>Step 4 Analysis</p> <p>Since we were introduced to multiple patients to take care for, we were also advised to learn how to prioritize and polished our time management skills. Aside from the primary patient assigned to us, we also to encourage to observe each others performance and help each other as a team.</p>
<p>Step 2 Feelings</p> <p>I have not built up my confidence yet to implement my plan in the beginning of care, but it slowly grows on me. I figured how I would prioritize addressing his pain and pharmacological intervention for treatment.</p>	<p>Step 5 Conclusion</p> <p>I learned that patient is not just about giving medication and fulfill interventions required, but it is also about how we work together as a team of caregivers for better patient care and for better knowledge and sharing among us.</p>
<p>Step 3 Evaluation</p> <p>The nurse that assigned to supervise us gave us the freedom to initiate patient care and let us think about what we are going to prioritize and what care plan we are going to initiate. She guide us how to implement care plan according to the needs of the patient.</p>	<p>Step 6 Action Plan</p> <p>I intend to implement the same on similar way to take care of patient in the future of my career. Setting up a welcoming and helpful environment for caregivers to work together is an important as a patient care itself.</p>