

## 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><b>Step 1 Description</b></p> <p>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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b></p> <p>Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>My preceptor and I got pulled to a different floor. We had 6 patients total and split the patients in half. All of the patients were in critical conditions and required consistent care to where we would have to pick and choose what need held priority at times. Specifically, when this happened one patient started urinating blood that was incontinent while we were in the room. We immediately got gloves on and had to call for help because this patient required 4 people to efficiently turn him. While this happened, my nurse got a call on her vocera that another patient needed to be moved from the chair to the bed. After concluding what we were doing we went straight to the next patient and tended to her needs. The patient was very emotional and felt like she had been waiting for a long time. The patient had dementia and didn't remember we were just in there prior to helping the other patient. We had to console her and remind her as best we could that we are there to help her. While this was taking place she had her daughter on the phone, and my nurse had to talk to the daughter outside the room and affirm that we have been taking good care of her.</p>	<p><b>Step 4 Analysis</b></p> <p>From this situation I realized how important documentation is. If the daughter didn't believe us we would be able to fall back on our documentation to show we had been caring for her. I remember hearing in school, "if you haven't documented it, you haven't done it." I believe that documentation is there for not only the patient's safety but also the security of your license. That situation opened my eyes to how important it is to document what you do and the time you do them.</p>
<p><b>Step 2 Feelings</b></p> <p>Knowing the load that we had that day was intimidating! The importance in prioritizing care became very real that day. Whenever we walked into the patient's room and she was emotional and vocalizing her frustration that we hadn't been caring for her made me a little anxious, especially knowing her daughter was on the phone. I just wanted to give the daughter peace that we had been caring for her and were not neglecting her.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel like seeing my preceptor address the situation outside of the room instead of talking about it in front of the patient made me realize how beneficial it was for not only the nurse but also the daughter on the phone as well as the patient. I also saw how important it is to prioritize your care to be able to best care for the patients, and sometimes that means explaining to the patient how there are 4 other people needing medication.</p>
<p><b>Step 3 Evaluation</b></p> <p>My preceptor decided to talk to the daughter outside the room, and I thought that was so wise. The daughter assured us that we were doing a good job, and informed us that towards evening the patient tends to get more confused and anxious. We were able to get a better understanding of the patient and better steward her care.</p>	<p><b>Step 6 Action Plan</b></p> <p>I believe this situation will make me more aware of documentation and how to best approach certain situations. I can definitely apply this to my care in the future.</p>

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