

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 Today I was waiting in the hallway for my nurse to finish in a room when the nurse aid came by and asked me if I could come help him. I agreed and followed him into a room that I had not been in yet. We needed to move the pt up in bed and while we were doing that, we realized that the pad and sheet under the pt were soiled. The aid remained very calm and went to get supplies for us to clean up the pt and get his gown, under pad, and sheet changed. When he returned, we cleaned up the patient and got him all fixed up so and then sat him in his chair so he could eat his breakfast easier. While we were in the room, the aid was just explaining to me everything he was doing and why. When we finished, I went to go find my nurse and the aid thanked me for my help.</p>	<p>Step 4 Analysis From previous modules they have told us constantly to value your aids and that floors are lucky to have aids. Today just made me realize how true that statement is. Aids are invaluable and their jobs are important. I am grateful that the aid asked me for my help, and I was able to go into that room. This aid taught me a lot today on patient care and how to be a happy and kind presence regardless of the situation. I got to see things today from an aid's perspective. The aids work so very hard and are very good at their job. I am very glad that I have gotten this experience with such a kind aid because it made me realize how every piece of the healthcare puzzle is vital for positive patient outcomes.</p>
<p>Step 2 Feelings At the beginning I just thought I was going to help the aid move the patient up in bed. I am glad that I went into the room with the aid because he could not have done it all by himself. I enjoyed getting to help because I knew the aid needed my help and it is good for me to be active in the patient's care and not just push medications. The aid was very calm, kind, and encouraging to me and to the patient. He never stopped talking to the patient and reassuring him of what we were doing and what we were going to do. Even though the patient was not completely responsive to the aid, the aid continued to talk to him and make sure his dignity stayed intact. The most important feeling I got from this event is that you are never too good to help someone. Nobody is better than anyone in healthcare, we all need to be willing to help each other.</p>	<p>Step 5 Conclusion I do not think that this situation could have gone any better. The patient was treated with dignity, respect, and compassion. This experience has taught me that every job matters, and the patient is the priority. This experience has also made me appreciate where I am (nursing school) because I know a lot of people that wish to be in my position and many people cannot even be nurses because of disabilities.</p>
<p>Step 3 Evaluation I thought this was a good situation because it gave me a chance to see the nurse aid in his element doing what he does every day. I do not have very much experience in the hospital setting so it is always good to have guidance and get experience wherever I can. The aid was so helpful to me and was explaining everything he does and the benefits there are for the patients. Sometimes I find myself wrongly thinking that an aid's job is less important than the nurse, but if the nurse did not have an aid they would not be able to get half of the things done that they needed to.</p>	<p>Step 6 Action Plan I will use these lessons I have learned today to be a better nurse once I graduate. Valuing people's jobs and what they do will make me more appreciative of what they do for my patients. Being grateful toward aids will make my job easier and more pleasant when I become a nurse. Having a better attitude about nursing school will make me content with where I am and learn more to be a great nurse in the future. I will make a conscious effort in the future to help my aids, be grateful for them, and be thankful for where God has put me in the moment.</p>