

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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Today, I had a patient with a subdural hematoma that was not responding well to treatment. The team tried to extubate her the day before, but she had to be reintubated within three hours. Her family came together and decided that withdrawing care was in her best interest. When I looked into the room, her husband was pacing and seemed like he was overwhelmed. I went into the room to ask if they needed anything and he started talking to me about his decision to withdraw care. I sat down, realizing that he needed someone to talk to. He shared stories of his wife with me, and he stated that he knew this was the right decision. As he shared stories about his wife, I was able to see the person she was versus the patient in front of me. As he continued to talk, he got emotional and began to cry. I felt empathy for him, and I can't imagine having to make that decision. This event taught me that active listening can be more helpful to patients and their family members than providing information. This event also showed me how the patient's family needs support too. They can be just as stressed as the patient, if not more. I believe this event was good, because I was able to use my down time to help her husband process his feelings and provide him some comfort. However, this event was also difficult for me to experience. I was hard not to get emotional and feel the husband's grief. Overall, I think this conversation was beneficial. If I was in this situation again, I wouldn't change anything. I believe that it is necessary for me to take the time to allow the patient's family to discuss their emotions. In the future, I can implement active listening with every patient and their family.