

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</p> <ul style="list-style-type: none"> First day of clinical in module 7 took place at the ED. I was part of the afternoon shift. The afternoon shift wasn't as busy as I would have expected however, I still learned a lot from the patients and how nursing in the ED works. Because nursing in the ED is different than if you were a nurse working on a different unit or floor. In the ED there weren't many things I could do because of COVID but it wasn't a bad thing in the way that it allowed me to spend time with patients and learn more about them. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> The whole situation is part of a bigger problem that goes far beyond the hospital. I think it involves healthcare overall. Today just showed how we need to improve healthcare for the sake of the nurses and also for the patients. The ER's are always full especially now more than ever and they are patient who are not having a positive experience because of the waiting time and because they feel they were not being attended to. As mentioned, this topic needs to be talked about and analyzed to find the "root" of the problem.
<p>Step 2 Feelings</p> <p>Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> I felt excited at the beginning seeing and being part of the ED for a day had me excited. Unfortunately, I did not get to see and be part of many things as I would have wanted but it was still a good day. One of my biggest shocks while being at the ED was the shortage of nurses and rooms. My nurse was attending a patient in the hallway. By looking at the Triage chart I also saw a huge waiting list of patients waiting for a room. One patient was said to have been waiting 10 hours! 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> I learned a lot from the different events happening at the ED. As I mentioned before the problem does not lie within the hospital but it's a bigger problem that goes outside the hospital. So, is there anything that could have been done to make the situation better? In reality not much except providing the best care that we can despite the circumstances.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> Due to the lack of staff I feel like I did my part in helping. I passed out trays and did blood sugars and helped transfer some people so I helped out as I could. I believe that they are things that could have been better from my part. I wished to have tried more things however, there were also many COVID patients and as students we are not allowed in those rooms. Due to the overflow of patients many times the nurses don't have a lot of time to stay in a patient's room. I noticed that ED nurses are very fast paced more than any other floor. So, one patient that was admitted last night mentioned to me he was feeling hungry and that he hadn't eaten anything, and it was almost 2 o'clock. He had weakness on the right side of his body and was shaking uncontrollably. Which made him incapable of feeding himself. I know that the nurses did not leave him hungry on purpose because there were other people who had more priority. However, I had time and I helped feed him which he thanked me for. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> I learn a lot about the hospitals system and what I can do to make it better. The answer is to focus on the patients and do what is best for them as best as I can even with the lack of staff or supplies. To always think about what the patient might be feeling. Next time I will take this knowledge with me and be more compassionate to the patients because they really need help (which is the reason why they came to the hospital in the first place.)!

Covenant School of Nursing Reflective