

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>One of my nurse's patient today had a bowel movement during the morning while we were doing physical assessment. Knowing he is a bigger guy to move around the bed to clean him, we had to call for an extra assistance. We cleaned him up, tried to make it as comfortable for him.</p>	<p>Step 4 Analysis</p> <p>In this situation, being the patient's advocate, you want them to feel as comfortable as they could. From giving their medicine for their pain, giving blanket for extra warmth, to physical assessments where we check every part of their body. It may be uncomfortable for them as well, but we have to look and see past these comfortable zones to also prioritize bigger goals for our patient. We want to avoid further infection and pain.</p>
<p>Step 2 Feelings</p> <p>I was hesitant at first. I am not sure if I will be able to contain my inside feeling of cleaning somebody's poop. I just had to hold it in the whole time. I can see that the other nurses too would rather take vital signs or give medicines, but this is a part of taking care of your patient. The nurses around me made me feel how important it is to see them have bowel movement than none. Today made me feel more comfortable cleaning somebody up.</p>	<p>Step 5 Conclusion</p> <p>I have learned to contain my unnecessary feelings aside and see bigger pictures for my patients. I won't say I am 100% comfortable cleaning a patient up, but after may be more clinical experience this will be nothing. I want to see that bowel movement, so I know that my patient is not incontinent. I do wish I was bigger so I do not always have to bother other staffs to help them, but I have maximize what I got.</p>
<p>Step 3 Evaluation</p> <p>This event was a challenge for me that I needed to learn earlier in my career. I did expect gagging or feeling like vomiting because of the smell of the stool but I am really glad I had able to do it with more nurses that made the situation comfortable. They handled it as professional as they are.</p>	<p>Step 6 Action Plan</p> <p>I will try my best to be as comfortable as I can be, so I can make my patients feel comfortable in my nursing hands as well. This why I am at school for, to learn the effective practices to give the best care for them. Just like this situation, slowly I have to be comfortable being uncomfortable. That will help mold me to becoming a good nurse.</p> <p style="text-align: right;">Francesca Abuda IM4 10/20/20</p>