

## 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> 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> 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>During this week of clinical, I cared for a patient that had recently been admitted for a breast abscess and had a biopsy done. While this patient was in my care, the biopsy came back as breast cancer. The pathology report revealed that the cancer cells were very abnormal, the tumor was large, and it had spread to lymph nodes. The patient had to make a difficult decision as to the course of treatment. The patient was very emotional and anxious about the diagnosis. I often walked in the room to find the patient crying and she expressed fear about the unknown. The patient chose to do chemotherapy and got a PICC placed to receive the treatments. The RN and I checked in on the patient frequently to assess for pain and anxiety. I taught the patient a breathing exercise and about positive self-talk to help when they were feeling anxious.</p>	<p><b>Step 4 Analysis</b></p> <p>The previous knowledge that I applied to this event was from the oncology lecture in module three. I learned about different ways the cancer is staged and sized which helped me interpret the pathology report. The report said T4 which meant that the tumor had grown into the surrounding tissue and is categorized as "large." The pathology report also said N2; this means that the cancer had spread to one or more lymph node on either side of the body. Another aspect of previous knowledge that I was able to apply included the nursing care that these patients need. Being able to teach my patient about ways to cope with their anxiety was based on the foundation of knowledge that I have previously acquired.</p>
<p><b>Step 2 Feelings</b></p> <p>When I first got report and met the patient, the biopsy results had not come back yet. It was hard watching the patient nervous and almost dreading the results. I was hoping that the abscess was not cancerous, and when the results came back it was a despairing moment. I was very concerned at that moment for the patient and their family, and I was sad that this was the news they had to receive. I know every patient we encounter is sick, however witnessing someone just get the diagnosis was surreal. Watching the patient cry, and the family cry was a hard moment to witness. Watching the action of the RN was mind-altering as I observed how they provided support and presence for the patient without being overbearing. The nurse allowed the patient and family to express their feelings. I have learned about mourning and grieving after a diagnosis, but this was the first time that I have gotten to witness this in person.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think one way that I could have improved this situation would be to offer the patient more ways to cope. Not only was the client anxious, they had a disturbed body image due to the abscess. I could have educated more about ways to deal with that as well. I learned many different new things from this situation but, one that will stick with me is how to communicate in a therapeutic way to the patient. I believe the nurse did an excellent job getting the patient to open up about how she felt. The nurse did not pry or ask intrusive questions, instead, she opened up the floor for the patient to speak. Due to the established relationship the patient felt comfortable opening up. I believe allowing the patient to speak their feelings truly made them feel better.</p>
<p><b>Step 3 Evaluation</b></p> <p>Although this was a trying experience, a positive that came out of the event was watching the relationship between the nurse and the patient. Though they had only known each other for a short time, the nurse quickly established a relationship with the patient. Watching the nurse and patient interact was a true example of therapeutic communication. I really appreciated that the nurse took time out of a very busy day to provide the patient with the care they needed. It wasn't medical, but therapeutic. I truly believe that this helped the patient more than any medicine could. In addition, I appreciate that the nurse and the patient allowed me to be involved during this time. It was truly a valuable learning opportunity.</p>	<p><b>Step 6 Action Plan</b></p> <p>I will use this experience to further improve my practice by making it a priority to talk to my patients. Not only communicate on a surface level, but to set the foundation of therapeutic communication. I want to be able to provide my patient with support and provide them with information. I want to make sure that my patients feel comfortable expressing their feelings and ideas. In hindsight, I would have liked to educate myself more about the Hispanic culture and health beliefs. Especially during a time where there are more restrictions for visitors among other rules. I would have also liked to ask the patient how culturally they would like to approach this. I will educate myself more on this to improve my care to future patients.</p>