

# 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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My clinical instructor presented me to my nurse that I would be shadowing for the day. My nurse and I discussed the current situation and history of my primary patient. From the change of shift report and to addressing the needs of the patient I knew it was going to be a busy day. In the beginning of clinical I was feeling anxious and concerned regarding what I should expect from today's clinical. Since the pandemic I have not been back in a hospital setting and felt overwhelmed with the lack of experience. I addressed the current and priority needs for my patient. It involved critical thinking and making stat decisions. I felt overwhelmed but I felt confident in my decisions and had good teamwork, communication, and foresight with my nurse. I was able to make my decisions based on my past hospital clinicals, lectures, and studies. The most important emotion I felt making my decisions was confidence in my knowledge taken from lecture, although it is one of my weaknesses still; lack of confidence that is. I was able to practice the tools in an actual nursing setting which allowed me to finally fully comprehend the lessons. My time management was something I realized I must focus on improving in the future. I did well with communication across both patient and nursing needs. I did well on handling medications and understanding the rationale to why the patients are being given them. I did not expect not being able to perform an IV line due to patient's veins not being visible, although we had multiple attempts from various nurses to help assist in this procedure. From this experience I was able to see how ventilators are being used as a tool to help stabilize an airway for a patient. I noticed that many patients are placed on ventilators that did not test positive with COVID. This was enlightening to me because it shows how COVID puts a strain on the already high demand on ventilators. There was nothing my nurse could have done better during this clinical. However, I could have been handling my time management in a more efficient way. I learned that I am finally achieving a level of competence in real practice settings instead of just memorizing terms and procedures. I think this clinical experience was an immensely beneficial and full of learning experiences for my nursing career. I will take what I have learned from today and focus on my weaknesses in my future clinicals so that I can become a more well-rounded nurse.