

## 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>Clinicals this week was full of several new learning opportunities. From medication administration to evaluating patient behaviors, each experience was valuable. However, the experience that sticks out the most was a situation that happened between myself and a confused elderly patient. After taking care of him for a few hours I understood that he was normally withdrawn and quiet. As a student nurse I was performing a physical assessment in his room and he became angry and very dissatisfied with my questions. In a very clear and assertive way he described this disinterest. This resulted in me deciding to resume the assessment at a later time. After this event, I had a couple discussions with the nurse I was following and a nurse aide on ways to better care for this patient. I took their advice and was able to finish the assessment a couple hours later.</p>	<p><b>Step 4 Analysis</b></p> <p>In previous modules I have been able to experience varying levels of patient behavior and consciousness. Not all moments were filled with joy or cheerful patients. In fact, some patients were hostile and very aggressive. Nonetheless, each confrontation has just shown me more and more the importance of listening and being the patients' advocate. When reflecting on this particular incidence with the nurse and nurse aide, I can see that the patient could be suffering from a UTI. It is commonly known, and in current material such as Lewis's Medical and Surgical Nursing, the elderly is more prone to UTI's due to inability to fight bacterial infections and provide basic skin care. Not only that, but when experiencing UTI's a major symptom is confusion. Add pain, and it becomes completely understandable the confusion and aggravation this patient is feeling during my assessment. The advice and perspective of fellow peers and staff definitely helped me reach this conclusion and helped me provide the best and safest care when reassessing.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of this incident I was feeling quite cheerful. The morning was filled with a lot of meaningful patient interactions that left me feeling confident and resolute. So, when I initially entered the patients' room, I was eager to perform my assessment and learn more about his history and diagnosis. Then, when the change in mood happened, I felt concerned and sad that he couldn't understand why I was performing the assessment. His assertive tone also didn't help me feel confident. Instead, his reaction left me feeling worried. The final outcome of the incident did resolve the feelings of doubt and worry, because I was able to view the situation in a new way. To me, the most important emotion in this scenario was the concern and sadness I experienced. I see this as my biggest motivation in this moment to provide quality and purposeful care the patient.</p>	<p><b>Step 5 Conclusion</b></p> <p>In hindsight, there are absolutely things I would change about this incident. First and foremost, I would like to of slowed down and reviewed with my nurse when would be the best time and manor to perform my assessment. I believe that in doing so I would have been able to determine a time that didn't cause as much as a disturbance on this patient. Secondly, I would have paid more attention in other tasks like medication administration and patient hygiene for this patient. I believe this would've given me a decent amount of information for my evaluation. Also, this could've opened my eyes to the significant increase of confusion. In conclusion, I have learned to be more fixed on providing intentional nursing care and perceptive thinking.</p>
<p><b>Step 3 Evaluation</b></p> <p>A good take away from this incident was the support and motivation I felt while speaking with the excellent staff on the floor about better ways to take care of elderly patients experiencing confusion and pain. After reflecting it was easy to adjust my perspective and focus on patient care. A bad take away was experiencing that confrontation with a patient I get to provide and care for. Connecting with each patient is something I personally strive for in each encounter during clinicals. So, this difficult experience caused a lot of emotions and struggle for me in the moment. However, I believe I did well in my reaction in the initial incident, meaning I didn't let my emotions show and did my best to respect the patient and his view. Even though the this exact result wasn't expected, I believe in the end I contributed important patient care.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this incident was difficult, but it was definitely meaningful. This event has shown me a lot about my passion for nursing, but also has opened my eyes to the professional and intentional practice that should take place with every patient. I also believe that this incidence can also become an important reminder when taking care of any patient in the future. For example, it can provide motivation to slow down and treat each patient as important and worth the nurse's time. Following this mindset, and applying some new perspectives listed throughout this reflection, I am confident that this experience can help me become a more prudent student and nurse.</p>