

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. <u>Remember to 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 /
<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 	<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 I thought the case study was very helpful in a learning aspect. I really enjoyed the case study and felt as if Amid Haq was my actual patient in real life. I learned about the Guillain-Barre syndrome and how it affects the body and what labs and symptoms confirm the diagnosis. I also learned about how to communicate with another culture and the nursing interventions for Guillain-Barre syndrome and the main focus and what to monitor for progression of the syndrome. Amid Haq had been having complications with breathing and was put on a ventilator and I liked how it explained ways to make him more comfortable and complications that could arise if I did not take care of him the proper way. The case study also discussed things I need to monitor for such as mechanical ventilator readings, noting increases in inspiratory pressures and decreases in tidal volume, as appropriate. Monitor chest-x-ray. Place the client on side as indication to prevent aspiration. Note changes in SaO₂, SvO₂, tidal, and changes in ABG values and Monitor Amid's ability to cough effectivity.</p>	<p>Step 4 Analysis Overall, I really enjoyed these case studies. I also enjoyed the meeting today after virtual clinicals. The instructor was very helpful and answered all of our questions. Despite everything going on in the world, learning virtually is just as effective as learning in the classroom.</p>
<p>Step 2 Feelings Clinicals online isn't ideal but nothing is for anyone right now. But as a nursing student during a pandemic we have to be flexible and Instructors have done great in providing outside resources to allow us to learn just as much as we would on the floor. I really enjoyed post clinicals with Mrs. Kilpatrick today. She took her time out to discuss reasoning behind certain illnesses and went over labs, nursing interventions, and ways we can make our patients more comfortable.</p>	<p>Step 5 Conclusion Overall, this was a great learning experience. I really enjoyed these case studies because I applied my past learning experience from previous modules. I cannot wait to get back out there on the floor next week!</p>

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Step 3 Evaluation

The best thing about this whole experience is that I was able to go at my own pace and learn just as much as I would on a floor. I would not change a thing. However, if I was an actual nurse that took care of this patient in the real world, I would have done things differently and had a plan drawn out for both patients.

Step 6 Action Plan

I think this type of clinical/article/case study experience should be included in all modules. Students can learn many things from this type of assignment. This also teaches students that you can learn just as much material virtually. The things I learned from this case study can directly be applied to bedside nursing.