

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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I was able to attend clinical on the SICU unit in east 3. I was able to be the student nurse for the patient my instructor assigned to me. I had a patient who was admitted to the unit last night. My patient was found down after 3 days. She was admitted with rhabdomyolysis. I learned that creatine kinase is the lab value that helps determine if rhabdomyolysis is present. When I arrived, I noticed my patient's urine output was dark and tea colored, as the day progressed her urine was clear and yellow. At the beginning of clinical I was nervous because I did not know what to expect. Throughout the day I began to feel more comfortable because I was able to see and have hands on with material we have learned throughout the module. I was able to help my nurse turn and clean up after my patient. I was also able to help her keep up with hourly urine output and with the alarms that would go off on the drip medications. I was able to understand the vent settings my patient was on from the respiratory lecture we had. I enjoyed being able to see how the ventilator worked and how the settings were changed throughout my clinical rotation to help improve my patient's respiratory status. I was able to understand the medications my patient was on such as norepinephrine to help increase my patients' blood pressure, and I ensured to check distal pulses in my patient because I know it is important to watch distal circulation in patient's on norepinephrine. I could have made the situation better by being more confident in myself. I am afraid to make a mistake or say something that isn't correct so I tend to doubt myself. I have learned that there is a healthy level of fear and a fear that can cause you to make mistakes. I plan to work on my self-confidence level, so that I can avoid making any mistakes out of fear. Overall, I enjoyed my clinical rotation in SICU and being able to have hands-on so that I could connect all the material we have learned to the clinical setting.