

## 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. personnel / 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>

## Covenant School of Nursing Reflective

*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> I was exposed to Corona virus by a friend of mine. This happened about a week ago. I was exposed at my own house, it was me my roommate my infected friend and another one of our friends were involved. We were having a dinner night we were all in very close contact which ended up with all of us being exposed to the virus.</p>	<p><b>Step 4 Analysis</b> I can apply the quarantine precautions that have been implemented when the virus is suspected. The most important thing is that if you are feeling sick and suspect this virus you should let people know and do not hang around vulnerable people. The virus can affect people in different ways and that is why it is important to catch it very fast and take care of it as soon as possible.</p>
<p><b>Step 2 Feelings</b> I did not have symptoms for the first few days, it hit me about the 4<sup>th</sup> day after. At the time I was not aware I was exposed I just knew id didn't feel very well, I was also scared because if I did have the virus I did not want to spread it to anyone. I was nervous because my friend who had it first had not gotten his results yet so I was unaware if I actually had it or not. When my friend got his results back and it was positive, I knew then that I most likely had the virus I was just nervous because I did not want to spread it. I was very anxious at first because I was trying very hard to not get the virus, and when I got it I was a little angry because my friend was a little careless and it affected everyone around him.</p>	<p><b>Step 5 Conclusion</b> I could have not allowed my friend to come over when complaining he was sick, and that would not have exposed me. If my friend would have been more responsible and not been around people when he was sick we could have prevented this. When I had suspected that it could have been the virus I should have let people know immediately but the reality is there was no way of knowing until the results came back.</p>
<p><b>Step 3 Evaluation</b> There has been nothing good about the situation so far. The bad thing about the situation is that it has affected me financially and it has affected my other friends as well in the same way. The easy thing about the situation is I have my parents to bring me the essentials. What is difficult is going on with everyday life because my energy level is at an all time low and it is hard to complete everyday tasks. There has been nothing that has gone well about the situation. I did not expect to get the virus and I now realize how easily it is spread and that if you are sick no matter what you should be very cautious.</p>	<p><b>Step 6 Action Plan</b> I think that this virus is no joke, the body is affected immensely. You feel very sick and its hard to get out of bed. I can conclude and now understand how people struggle so much with this virus because it does make it very difficult to breath. I am going to be more aware of my surroundings next time and should only be around people if absolutely necessary for the time being so I do not have to miss out on schooling events or work. I can make people aware that this virus is contagious and that precautions should be taken always especially to not expose the vulnerable. This has taught me about a pandemic and how it spreads and how it affects everyday life and how easily it can happen and that it should be taken very seriously.</p>