

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.

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| <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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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.

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| <p>Step 1 Description</p> <p>I started to become sick on 10/27 and got really worried it was COVID because my brother had it, but luckily he was not home much the week he started showing symptoms since he is in college. I was mostly worried because my grandma is not in the best condition so I did not want to possibly give it to her since it may be detrimental to her. I got sick that night, so I was not able to get the COVID test till the next day. Not many of the testing sites were open that day due to snow so I had to do the two-day test. I had to wait the entire two days quarantined in my room while worrying that my grandma had a chance of getting it. Luckily after two days, the results came back negative but unfortunately, I'm still sick. I also went to the doctor and got prescribed azithromycin and had a major allergic reaction to it for several days. Luckily, I'm living at home right now, so my parents were able to help through the whole process.</p> | <p>Step 4 Analysis</p> <p>I could apply the COVID article I read this week for our activities since it has a lot of information on it. I could also use a vital sign lecture I had in the past and a little of our immune lecture. Since I ended up having an allergic reaction to an antibiotic my doctor prescribed me, I could use the immune lecture since we talked about allergic reactions and how the body reacts. The issue that arises from this is the fact that certain diseases are highly transmissible and it's hard to prevent some of them. The only thing really going on was that I was sick but since COVID is so prevalent I thought I might have it. My family's experience was different since they weren't the ones sick and they had to just help me from afar and after I had negative results, they tried to help me in any way they could. The different perspectives just show how sick people need some kind of support to help them slowly get better.</p> |
| <p>Step 2 Feelings</p> <p>I felt powerless in the beginning since I did not know what to do about it. I also felt scared since my grandma lives with me. At the time I was just thinking that I wanted to know if I had it or not. The whole event just made me feel scared still and relieved by my results. In the end, my results were negative so I felt a lot better about the whole situation. My family and friends were supportive and encouraging through the whole thing, so they made me think everything was going to be alright. They made me feel a little better about the whole situation and that I would make it out alright. The most important feeling I had was being scared. I only say this because it made me more conscious of my actions and I was able to be safer for my grandma.</p> | <p>Step 5 Conclusion</p> <p>Just knowing if I had been exposed at all could have made this situation better. I would have known more about my chances of having COVID and I probably would have felt better about it. My family and teachers were very understanding about the whole situation so I don't believe they could have made the situation any better. I could have tried to be more aware of my exposure to COVID and made sure I didn't potentially spread it to anyone better. These would have helped put my mind at ease about the whole thing. I've learned to be more careful with stuff that spreads like COVID especially since I want to work in the medical field, and I don't want to help the spread of it to any patient I have.</p> |
| <p>Step 3 Evaluation</p> <p>What was good about the event was that I was negative, so I didn't give it to my grandma or others. I also was able to quickly quarantine myself to try to keep my family safe. The bad thing was that I had the possibility of having COVID and I had to wait two days to find out. It was also bad that I don't know what I have still since all my results so far have been negative. The easiest part was quarantining myself and going to get tested. The hardest part was waiting for the results and having to deal with being sick while doing schoolwork. The only thing that really went well is that no one else has gotten sick and my results were negative. I did things well by reacting quickly and trying to figure it out. My family did things well by helping me quarantine safely and trying to make me feel better. I didn't expect another outcome to this whole event since I didn't think I had COVID, but I knew I had to make sure. Nothing really went wrong other than still not knowing what I have. I contributed by getting everything I needed to done to keep my family and others safe.</p> | <p>Step 6 Action Plan</p> <p>Overall, I think the situation wasn't bad since I didn't actually have COVID, so I also didn't spread it to anyone. I still don't know what I have but at least I'm able to be safe about it. I can draw the conclusion that these diseases are scary, and we need to do our best to stop their spread. If I could redo this whole experience I would go straight to the doctor after my COVID test to rule out strep and flu earlier and potentially get something that could help me sooner. This would have just speed up the process. I can use the lessons I learned from this to better prevent the spread of diseases with patients since I'm a little more aware of it. I can apply what I learned to any event that involves a potentially spreadable disease. I learned that in professional practice we have to always be aware of this and that I wasn't as aware as I thought. I can use this experience to further improve my nursing by applying it to every patient so that they can leave the hospital sooner and without a hospital-acquired disease.</p> |