

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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This week for clinicals, I completed online activities. Coronavirus impacted my immediate family, and I was required to stay home and quarantine. My family is only experiencing mild symptoms, and I am very grateful for their wellbeing. Covid-19 has made a huge impact on this year and continues to make strides daily. Unfortunately, I was unable to gain more clinical experience this week, but I was able to continue with class and learn through online case studies.

In one of the case studies, it walked through the job of a nurse manager at an emergent care clinic. First, I had to prioritize and assign patients. While creating assignments, I remembered that the RN needs to take care of the acutely ill patients and the LPN can take care of patients with more chronic illnesses. Then, I had to recognize signs of a possible MI in a patient presenting with radiating left arm pain and epigastric discomfort. I chose to care for this patient first, and I requested labs and vitals be taken immediately. Through this case study, I was able to test my knowledge of prioritization and delegation. In another case study, I was given a scenario of a fellow nurse stealing narcotics. This case study taught me about the significance of reporting impaired nurses due to the danger it places on their patients.

At the beginning of this week, I was disappointed that I was missing out on going to the hospital for clinicals. When the outbreak of coronavirus occurred in the United States, I was in module 4 and had very little clinical hours. Coronavirus took the largest toll in my life on my clinical experience. My peers and I have lost an abundance of precious clinical time. However, we are learning every day how to adjust and make the most of this experience. Thankfully, our institution is allowing us to continue our education, despite many obstacles. This experience has taught me how to be more flexible, which is a necessary trait of a nurse. Nursing is constantly evolving to better patient care and outcomes.