

# 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. personal / 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>

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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</p> <p>I was able to take care two patients, one with chronic anemia and the other with pancreatitis. My nurse let me do majority of the skills needed to take good care of my patients. I was able to communicate more efficiently with confidence. I got to know patients concerns and establish good relationship with them, for that I was able to gain their trust. They are more open and cooperative in many ways.</p>	<p>Step 4 Analysis</p> <p>Good communication to the patient is a great way to start taking care of them. Collaborating how to take care of them with the patient and other team member would certainly provide a caring environment for them. It is easier to manage time for multiple patients under my care if I get to know well their concerns with a proper intervention.</p>
<p>Step 2 Feelings</p> <p>I think I can build up my confidence in communication more than ever. It starting to grow on me with every clinicals I have been thru. I can relate and communicate myself better as time goes by. One of the things I was surprised I did was collaborating my plan of care to my patient and pain management is one we talked about.</p>	<p>Step 5 Conclusion</p> <p>I could have communicated better and efficiently if I know before hand what to ask. It took me a little bit of time to gather information I needed to take good care of my patient. My nurse did a good job in sharing what questions to ask and when its time to ask from patient and relatives. It takes time for me to be on that level but because of my care team, I can handle it better next time around.</p>
<p>Step 3 Evaluation</p> <p>My nurse coached me what to say and what to ask from the patient and how important to gather information to support my critical thinking and intervention to properly take care of the patient. While building relationship, we gather information at the same time which is very valuable in many ways.</p>	<p>Step 6 Action Plan</p> <p>I will implement new gained knowledge about communication to better up myself and to take good care of my patients in the future. As my confidence grows, I would polish my new gained experience to take care patients and manage my time accordingly.</p>