

## 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>Clinicals today has been a hectic day, as patient's call light rings or IV machine sounds every other minute so. My classmates and I were individually paired with a nurse, so every patient has one student that can help them with the simplest needs they might have, like a cup of water.</p>	<p>Step 4 Analysis</p> <p>In the hospital, different hospital staffs are available for different sets of tasks. One can delegate to another a task if they are licensed or skilled for the situation. That is the importance of knowing what responsibilities they have or they can do for the patient's safety, as well as the hospital staffs. Having your interprofessional team behind your back to help you provide best care for all your patients is a good reminder to myself whenever I just feel exhausted during your duty. Knowing that I can feel this way at time and all your coworkers too, happily offering help is good things that we should learn to do.</p>
<p>Step 2 Feelings</p> <p>Being at the floor for a few times already, it was not surprising to me that nurses run around all day. But today was a little bit overwhelming will all the ringing of IV machines, call lights, and bed alarms. Thankfully, I have my fellow nursing students and nurses with me on the floor that can help me physically and emotionally. Work can be overwhelming for everybody, but we can all help each other to achieve our responsibilities with our patients, as well as for ourselves.</p>	<p>Step 5 Conclusion</p> <p>Days like these taught me to do things one at a time. I should just worry about what I am doing at that current moment, and not about all the things I still have to do ahead of me. When one thing is done, I can move to another and help those that need help. Ofcourse, one should not really expect for somebody to offer help right there and then, but you ask. Some people happily gives help because it makes time go by faster for them too, but sometimes they just really can't because of the situation they may be in and it should not something that you should take personally at all.</p>
<p>Step 3 Evaluation</p> <p>This event taught me more about teamwork. Although, mornings are a little too busy to call for help, because mostly all hospital staffs are starting their reports and getting things done already. Everybody managed the situation well by keeping themselves calm, and just believing that they just have to get it done one by one. The day slowed down during late morning, and we had time to help each other.</p>	<p>Step 6 Action Plan</p> <p>I will try my best to offer help as much as I can, just because I know how it feels to be needing help. As well as not being afraid to ask for help. Having a positive perspective on being there for one another makes the job feel less like a 'job', and more enjoyable for everybody. We may have different patients, but we all have the same goal of keeping them as healthy and safe as they could be.</p> <p style="text-align: right; margin-top: 20px;">Francesca Abuda IM4 11/04/20</p>