

# 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><b>Step 1 Description</b></p> <p>Today in clinical I was instructed to give medications to a patient who was about to get discharged, but before discharging her I needed to give her morning medications. The Nurse decided that we go ahead and give medications to other patients first so that we could go over discharging teaching with her last. As we were pulling medications in the medication room she came out to the hall way out of her room and asked when she could go home. We then explained to her that we will be in there soon, just as soon as we were done, we grab her medications and went to her room. I explained all her PO meds to her and was about to give her last IV antibiotic when I realized that her IV was not in her arm. I asked the patient what happened to your IV? and she replied I took it off since I am ready to go home and the doctor discharged me. So, we did not give her the antibiotic and went ahead and explained her teachings. After that she was happy she was going home!</p>	<p><b>Step 4 Analysis</b></p> <p>I learned that when inserting an IV that we should teach our patient on the importance of not removing the IV themselves. If something is irritating or hurting to let their nurse know.</p>
<p><b>Step 2 Feeling</b></p> <p>I felt very shocked when this happened, I was not expecting that. I asked her if she had any pain when taking it off, she stated no that she was ready to go home. I was looking forward on taking out a IV but the patient did that for me so not sure if I would consider that good or bad. I would say that the patient could have hurt herself, next time</p>	<p><b>Step 5 Conclusion</b></p> <p>I felt that maybe if we communicated with her sooner to let her know that we would be with her as soon as possible maybe she would been more patient.</p>
<p><b>Step 3 Evaluation</b></p> <p>After we noticed that her IV was out, we made sure that the IV site was not injured or that there was no sign of excessive bleeding. I was looking forward on taking out an IV, but the patient did that for me so not sure if I would consider that good or bad. I would say that the patient could have hurt herself but thankfully she did not do any harm.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I feel that we should explain to the patient the importance of letting the nurse take off her IV for her safety. And that she could have used the call light to communicate with her nurse that she wanted the IV removed rather than just taking it off without permission</p>