

## 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>          In the ED triage, the registered nurses take information from the people who are in need of emergent care. Once they have the information from the patient, such as signs and symptoms, they will categorize which patient is critical or non-critical. While I was in the ED triage, there was two people who are categorized as non-critical and one person was in critical condition. Throughout this reflective, I will explain the process of the ED triage and what the nurse’s role is.</p>	<p><b>Step 4 Analysis</b>          One patient came in because she was feeling anxious and numbness in her hands. She had no pain and was not on any other medications. We took her vital signs and they were all within normal limits. We ask a group of questions about her health history and nothing made us think that she was experiencing any kind of critical event. Therefore, the nurse took her back out to the waiting room to be treated at a later time to get more critical patients treated first. Seeing real patients and assessing their signs and symptoms really helped with my prioritization skills.</p>
<p><b>Step 2 Feelings</b>          I had never experienced the ED triage till this day. I was thinking the triage was going to be boring and very straight forward. More like an office job more than anything. But after following a nurse, the triage is actually somewhere that I might want to work at after graduation. The nurse has to document, take vital signs to get a baseline, draw blood if need be, or treat the patient in the room if they are not in critical care. This type of job is just as important as bedside nursing.</p>	<p><b>Step 5 Conclusion</b>          The only thing that could have made my experience better was if I was there on an actual busy day. Because then I would be able to use more critical thinking skills and see how the nurse I followed prioritizes her patients and their care. But overall it was a good experience and it is defiantly something I am interested after graduated. It’s like working in fast paced clinic with more important decisions to make.</p>
<p><b>Step 3 Evaluation</b>          Throughout the two hours that I had following my nurse, we had three patients come up to the window to be assessed. It was interesting watching the entire process in how the registered or charge nurse distinguishing what patient will be treated first. I felt like the staff did a very good job as categorizing each patient. It’s actually pretty different process than what you read in a textbook, and it’s good to be able to witness it in person. It’s a very fast process and takes a lot of critical thinking to make the best decision.</p>	<p><b>Step 6 Action Plan</b>          My plan for the future is to keep what I learned on this day and the skills needed to perform this job stuck in my head because I feel like this information is important for the NCLEX. Also, critical thinking is very important for a nurse to develop and to sharpen over time with experience.</p>

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