

## 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>Once I was assigned to my nurse for the day, we started to receive report on all of our patients. This one patient was not in their room because they had gone down to the operating room for a below the knee amputation. I went about my day taking care of other patients until this patient came back from the operating room. When the patient got back, I went into their room and introduced myself as the student nurse and started assisting my assigned nurse with care for this patient.</p>	<p><b>Step 4 Analysis</b></p> <p>When someone goes through a traumatic experience, it may be necessary for them to have some alone time to comprehend and try to be at peace with the limb they lost. I tried my best to help them in the ways I could and allow them time to adjust to their new normal. Part of me wanted to stay with the patient and just talk with them to offer my support, but I knew that was not what this patient needed. It was really important for me to understand the patients and family members needs and respect their wishes. Everybody handles these things differently and it's important to be able to anticipate the patients needs.</p>
<p><b>Step 2 Feelings</b></p> <p>Once I had finally introduced myself to this patient and got to know a little bit about them, I started to feel sad for them because they had just lost a part of themselves. They had lost the lower part of their leg below the knee due to an infection. The patient was very drowsy after coming back from their procedure, so I waited until the patient was more awake to start talking to them.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think I could have handled this situation better by managing my tasks better to avoid going into the room multiple times. This patient and family member wanted some alone time and stacking my tasks together to go into the room fewer times would have benefited the family better.</p>
<p><b>Step 3 Evaluation</b></p> <p>This patient was in a lot of pain which was understandable considering the procedure they went through. The patient was not able to talk too much because they were drowsy and in pain but I tried to talk with the patient and the family member as much as I could to see how they were feeling. The family member was more talkative and was genuinely concerned about the patient. They had many questions, and I tried my best to make sure I could answer their questions or get the answer for them as soon as possible. After getting all of their questions answered and administering some pain medication, the family member asked if they could have some alone time so the patient could try and get some rest. I understood what they were going through and tried to give them as much space as possible.</p>	<p><b>Step 6 Action Plan</b></p> <p>This was my first-time taking care of a patient that had an amputation done. I think allowing time to let the family cope with the change is an important part of patient care in this case. On top of pain management, vital signs, and blood sugars that needed to be checked, making sure the patient is comfortable and their mental/emotional needs are being taken care of are particularly important. I think this experience was definitely an eye opener and will affect how I handle these situations in the future. It caused me to think of nursing care in a different way.</p>