



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>Step 1 Description 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"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personnel / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice about yourself? • How will you use this experience to further improve your practice in the future?

Covenant School of Nursing Reflective

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 During clinical, I performed my first blood draw on a patient, in the morning, with the help of my preceptor. After gathering the supplies, my preceptor and I went to the patient's room. My preceptor walked me through the steps to not only perform a blood draw, but also the process of tagging, bagging and transporting the sample to a laboratory. I inserted a butterfly needle in the patient's left hand, and my preceptor helped me guide the needle to ensure proper placement and blood return in the vein. My preceptor kept the butterfly in place while I inserted the blood tube into the vacu-holder. After collecting the blood sample, we removed the butterfly needle, and closed the insertion site with a cotton ball and band-aid. After tagging and placing the tube in a biohazard bag, we sent it to the laboratory. The results came in after I returned from lunch.</p>	<p>Step 4 Analysis The patient was admitted for low back pain, with a history of back surgery, in the lumbar region. Upon admission, the staff also found a surgical infection in the lumbar region. Blood and cultures tests resulted in an elevated WBC count of 16.55 and a positive for Staphylococcus epidermidis. A lumbar incision and drain was done, and the patient was put on antibiotics and pain medication. Orthopedic tests were also ordered on the patient, including MRI and X-ray of the right hip and pelvis, for possible trochanteric bursitis. The blood draw I did with my preceptor was the most recent at the time, and the resulted in a normal WBC count of 8.06, which showed the efficacy of the antibiotics. My experience with the patient was overall positive. The patient looked healthy, with no signs of respiratory distress, fever or other signs of an infection from S. epidermidis. The patient's main concerns were feeling constipated, last reporting a bowel movement the day before admission, and verbally reporting a pain of 7, on a scale of 1–10, in the right hip that radiates down the right leg and gets worse when moving that extremity.</p>
<p>Step 2 Feelings At the beginning I was excited to do a blood draw, since I have not done one on a patient before. It felt rewarding to do because I learned the skill a few months ago, but have not had the opportunity to perform it in the clinical setting until now. The words and actions of my preceptor and patient were very supportive, and made me feel at ease when performing the skill. My preceptor offered constructive feedback, while the patient was calm and cooperative throughout the process. Seeing the results from the test were rewarding, knowing that I took part in that process. The most important feeling is confidence because when I showed initiative, I felt like I would do a better job at performing the task.</p>	<p>Step 5 Conclusion Overall the situation was handled appropriately, with no complications. I am still learning how to perform the nursing skills I have been shown so far, and look forward to more opportunities, like this one, to performing them again. More importantly, I learned how skills like blood draws are important to patient care. I learned this was one of many tests we do in order to get a complete picture of what else could be happening with the patient, not just what the patient was admitted for.</p>
<p>Step 3 Evaluation What was good about the event was that the blood draw was very straightforward. The easy part was filling the blood tube, while the difficult part was finding the right vein and inserting the butterfly needle at just the right angle. The process as a whole went well, and even though we had to adjust the needle placement, we did not have to remove it and start over with a new needle on a different vein. My preceptor did a really good job at finding a good vein to draw. I was expecting to draw from a vein that looked more blue, but my preceptor also taught me that not all veins are the same for every patient, and showed me one that was not as blue, but was the right size.</p>	<p>Step 6 Action Plan Overall this situation was educational, and taught me that there are many resources in the hospital to utilize, when providing care for the patient. In hindsight I would have asked my preceptor more about the different types of blood draws, as well as other diagnostic tests that were done on the patient, to get a better summary of the patient and the plan of care. I can apply this to future clinicals by taking advantage of opportunities to perform skills, and welcoming tips and advice while performing them. Patient care is a collaborative effort, and after taking part in this experience, I found that to be rewarding in the end.</p>