

## 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>          This scenario occurred on south 6 where I had my preceptorship. My nurse and I were assigned a patient that was an older male. He was recovering from a hip surgery, but he also had a history of having a stroke. When he had his stroke, he lost his ability to speak clearly and understandably. This made it hard to assess his pain because he would be hard to understand what he was saying, but his wife was always by his side and was a great advocate for her husband. I would still ask him questions and allow him to answer and if I could not understand him, I would ask the wife to help. This man was so sweet, and we could tell that he really appreciated us still trying our best to understand him and allowing him to have a say in the care he was receiving. At the end of one of my shifts, another nurse came up to me and told me that the wife and patient really liked me and were so thankful for the care I was <u>providing to him.</u></p>	<p><b>Step 4 Analysis</b>          What I was able to apply to this situation that I have learned about was to always be an advocate for the patient. Since this patient was not always able to say what he wanted, we did not always know what to do for him. This showed me that we then need to ask the wife or family what they think is best or do what we think is best for this patient. For example, it was really hard to assess this patient's pain level. But we knew he had to be in pain because he was recovering from a hip replacement. So, we would always ask this patient if he was in pain and if he wanted medicine, but we did not always get an answer we could understand. So, we would ask the wife what it was that she thought would be best for her husband. We would be an advocate for him because we would choose the best pain medication that fit his suspected pain level.</p>
<p><b>Step 2 Feelings</b>          When I first meet this patient and I realized how much his speech was impaired it break my heart. This patient would try his hardest to make sense out of his words and you could tell that it frustrated him when he was not able to say what he wanted to. As the nurse it took a lot of patience because it could take a while to understand what it was that he wanted. It made me so happy to see that the wife was so good at asking the patient the right questions that would allow him to answer better. Although this would sometimes put us behind schedule to sit and listen to the patient, it was so very important. It went to show that listening and caring for this patient paid off when the wife was so appreciative of the care he was receiving.</p>	<p><b>Step 5 Conclusion</b>          In conclusion, this showed me that we are going to care for many patients that have multiple care needs. Sometimes those needs can be complicated and make it hard for the nurse. but it is still very important to be an advocate for the patient, listen to them and their families, and provide this best care that you can. This event showed me that taking your time and caring for the patient, not to just complete task, is very important and pays off.</p>
<p><b>Step 3 Evaluation</b>          This was not always easy because there were times that we could not figure out what the patient was trying to say and we would just try different things and pay attention to his body language. What was good about the event was that I realized how much family can help you when I comes to caring for a patient. It is important to remember that they know way more about the patient then you do and can help you. This was definitely the case in this event. The wife knew what the husband was trying to say and even knew ways to better ask a question for the patient to understand and respond.</p>	<p><b>Step 6 Action Plan</b>          I am so thankful that I got to be a part of this patient care and will remember the kindness the patient and his wife showed me for a very long time. I hope to remember that it is our job as a nurse to do what is best for the patient and not to settle for anything less. I am excited to be able to do this for my patients that I care for in the rest of my nursing career.</p>