

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>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. personal / 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</p> <p>I was pulled to south 6 with my preceptor. The patient I was caring for was in a motorcycle crash which resulted in a broken arm and leg. The patient was not able to move and required complete care. As the day progressed I noticed the husband of the patient was beginning to get ancy about discharge. We informed them that the only way discharge would happen today is if PT came to get the patient up. As we were waiting to hear from PT the husband became more expressive about his frustration with the amount of time they were waiting. He told me “if I get a wheelchair then he and his wife would leave.” I told my nurse how he was acting and what he was saying. My nurse relayed it to the charge nurse. The charge nurse went in there to talk with them and let them know she would be staying another night for PT to see her. The husband was not happy, but the charge nurse found out the wife was wanting to stay an extra night anyway. The charge nurse became suspicious of the dynamics of their relationship, because the husband would come and go from the hospital throughout the day smelling like alcohol.</p>	<p>Step 4 Analysis</p> <p>I saw a quote that said “There is a difference between being critical and critical thinking.” I love that! Because I think it is so easy at times to take what family members or patients say personally and become critical of the situation, which doesn’t lead to bettering the patient’s outcome. But applying critical thinking to the situation can increase the patients health while decreasing added stress, and I think that is what happened when my preceptor told the charge nurse to talk with them, specifically to the patient and her needs.</p>
<p>Step 2 Feelings</p> <p>At first when I was approached by the husband I was caught off guard because I didn’t realize his frustration towards the situation, but it was very apparent he was upset. I remember telling him in a respectful way we are doing the best we can, unfortunately these kinds of things are out of our hands. I wasn’t sure if I had handled it the best way, so that’s why I let my preceptor know what happened. She decided to let the charge nurse know because she had also noticed alcohol, and didn’t feel as comfortable handling it by herself.</p>	<p>Step 5 Conclusion</p> <p>This circumstance reminded me to be aware of my surroundings. Not only am I caring for the patient, but I am also making sure her environment is one that is safe. I am advocating for a patient’s health to better past discharge not only during hospital stay. I think what could have benefitted this is catching the husbands frustration towards the situation earlier by being more aware.</p>

Covenant School of Nursing Reflective

Step 3 Evaluation

I thought it was really good to inform the charge nurse of the situation and get her opinion on how to best communicate to the husband that the wife would be staying another night. It wasn't a face he was used to seeing and I think that helps, because sometimes people can feel too comfortable at times. When the charge nurse was talking to the wife she found out the wife wanted to stay anyways, which revealed to us there may need to be further investigation to make sure the wife would be well taken care of and safe at home. It was challenging to know how to best respond to the husband in a respectful yet direct way.

Step 6 Action Plan

I will definitely apply this to future experiences. It reminded me that it is always okay to pull someone else in who you value their input and what they can do for the situation. It never hurts to add another brain to the circumstance or face to the picture to address the situation.