

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?

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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>Step 1 Description</p> <p>The last half of my preceptorship was such a good experience overall. The first five shifts, I felt like I was having to get comfortable with the unit, my preceptor, and getting back in the groove of nursing, since I hadn't been in a med surg environment. The last 5 shifts were more of an ease. I knew what my routine was for the day.</p>	<p>Step 4 Analysis</p> <p>In the last half of my shifts, it was a great learning experience. I got to actually feel like "the nurse" and start to see myself as the TPCN. It boosted my confidence a bit, seeing that I was able to take on most, if not all the patients, and prove to myself that I can manage my time between patients.</p>
<p>Step 2 Feelings</p> <p>I felt more like a nurse in the last 5 shifts. My nurse was confident in my skills and interactions with patients, so she gave me a little more autonomy, which was great. It was also a compliment that she trusted me enough that she didn't have to micromanage me, and that she knew she could let me do things on my own.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I had a great experience on HC5. I honestly cannot complain about one shift with my preceptor. She was always willing to explain things that I was not sure about. She was patient with me and always cared for her patient with empathy. I was grateful that I was paired with her. I couldn't have chosen a better role model to follow.</p>
<p>Step 3 Evaluation</p> <p>I was able do things on my own. If I ever was unsure about something or didn't feel confident about performing a new skill, I would bring this up to my nurse prior to going into the room, and she would walk me through it.</p>	<p>Step 6 Action Plan</p> <p>As a nurse who will work in the Emergency Department, I will try to always treat my patient with compassion and empathy like my preceptor. I know that I am able to divide my time between my patients. I will just need to learn how to do that with whatever patients are rolling through the door, which I will learn throughout my time in the ED.</p>