

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>I walked into the CPE room, washed my hands, and introduced myself to the patient. The patient stated that they were alright but did not know why they were in prison. I then reassured the patient that they were in the hospital and explained the situation to them. I also did a focused neurological assessment on them since they had some changes. I made sure the patient was alright then asked their pain level which they told me was a 2. I then noticed the call light was not by the patient so I put it where they could reach it and explained how it worked. After that, I raised their bed's side rail because one of the sides was down. The patient was alright, so I left and started getting their meds. Since their pain was a 2, I did not grab any pain meds, I did not grab acetaminophen because their temperature was 98.8, and I did not grab their clopidogrel because their platelet count was 88,000. I only grabbed their levofloxacin and lisinopril to help with the infection and his blood pressure was 141/90. I reentered the room gave the meds properly and made sure the patient was safe again then exited.</p>	<p>Step 4 Analysis</p> <p>I can apply all of my clinical experience with dealing with patients, giving meds, and doing assessments. I could also use most of our lecture content especially the stuff about urinary and neuro problems. Lastly, I could use my knowledge of labs because of the lab values and the meds I had to hold. What issues arise from this event is the fact the nurses have limited time and have to still safely take care of a patient and make sure they are alright. There are so many things that need to be done to make sure the patient is alright, and they can be easily not done or forgotten. What really is going on with this is making sure that when we have patients in the real world, we properly take care of them. Even though this was a fake patient the experience was real, and I was able to learn and grow by helping them.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I felt nervous since it was a CPE, and I did not want to mess up and end up failing. I knew I could do it, but I still had doubts that I would remember every step. At the time I thought that the whole experience was very daunting, and I really did not know if I would do good. In the middle of it, I felt more confident and prouder of myself because I knew what I was doing. My professor made me feel more confident by telling me all the good things I did and how I could improve in the future. This made me feel great because I knew that she wanted me to succeed. I feel great about how the whole CPE went and I know what I can do to become better at them. The most important emotion I had during this was confidence because it showed me that I can do this and become a great nurse. This is an important feeling because you do a lot better at things when you know what you are doing and are confident you are doing it right.</p>	<p>Step 5 Conclusion</p> <p>What could have made this situation better is if I started off more confident. I hesitated at the beginning which cost me time that I would have needed in the real world when dealing with patients. I still did everything I needed to do but it could have been done a lot quicker. I could have also used smaller words for the patient when teaching them so that they could understand a little easier. I needed to also pace myself better so that I could be better with my time. I also should have explained the pain meds being held better since the patient had a pain level of a 2. Even though I was not perfect I learned that I should be more confident and that I know what I am doing. I also learned that I should use even smaller words when dealing with certain patients so that they can understand better.</p>
<p>Step 3 Evaluation</p> <p>What went well in the CPE was that I did everything I needed to and made sure the patient was safe. I remembered all I needed to do and only had to refer to my notes to clarify a couple of things. The only bad thing that happened was that I was a little slow and I was not confident in the beginning. It was easy remembering all the steps and making sure the patient was safe. The difficult part was timing things, and it was a little difficult sometimes teaching the patient. I feel like overall I spoke to the patient well and got everything I needed to do done. The professor did well by challenging me and making sure I taught the patient. I did not expect a different outcome even though I did have some doubts. I made sure I knew every step I needed to do and that I did every one.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this CPE went really well other than my timing. I can see why these CPEs are so important and why they relate to our future practice because we want to remember all our steps so that the patient is safe. If I could do the CPE over, I would just start more confident and do my assessments faster so that I have enough time to finish everything in a timelier manner. I can use the lessons I learned from this CPE by being more confident with my future patient and teaching them using better words. I can also apply this to any other CPE and patient interaction. Professional practice involves a lot of things that ensure that the patient is safe, and these are important. We should not forget the proper way to do things so that our patients can get the proper help they need. I will use this experience to grow confidence in myself and to make me think of better ways to teach patients so that they get the maximum benefit.</p>