

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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I was in the emergency department in Pod B for my clinical rotation this week. I was very excited to be in clinical because I had been looking forward to the emergency department all module. It was a slow day in the emergency department; I learned it was like that because they were on diversion. I was able to spend some time in triage. In triage I took vital signs on a couple of patients, and was able to see how the nurses performed a mini assessment on the patients and documented the patient's chief complaint.

I was able to see a patient who was admitted to the ED because they stated they were taking more ibuprofen than the recommended. After, the nurse who was admitting the patient asked all the admitting questions we learned that the patient had taken a total of 8000 mg in a 24-hr. time frame. During my time at the emergency department I saw that this patient was just being monitored for signs of overdose of ibuprofen and for any complication due to the amount of ibuprofen consumed.

Towards the end of my clinical rotation we had a patient come in who had been in a car accident and was in a- systole. We had to all gown-up, wear gloves, and a n-95 mask for protection of ourselves while we performed CPR on this patient. I was able to perform chest compressions and put my knowledge into practice during this. This code was called off very soon. The code only lasted 4 minutes. I was upset that we only worked on this patient for four minutes. I do not know how long this patient was down before they made it to the ED, but I know that if this was one of my family members, I would've wanted for the health care staff to try and resuscitate my family for longer than four minutes. I would like to know that everything they could do for my family member was done before they were pronounced dead. I noticed how after the code was called the focus of everyone went to helping clean up the patient, and making them look presentable for their family members to say good-bye.

Even though I felt like I wasn't able to do much due to the diversion, overall I had a good day at my clinical rotation in the ED.