

## 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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This week I was very excited to experience emergency medicine in person. I came with an open mind to new opportunities to grow my skillset and nursing interventions. My first impression whenever I arrived at clinical was that it was a place of clutter. But there were ppe carts always in eyesight. Which made me feel safe, given that we are in the middle of a pandemic. I made sure that when an opportunity came to start IVs, urinary catheter insertions, or blood withdrawals I quickly jumped on them. I made sure I was consistently active, even during downtime. During which, I was able to perform assessments on patients. During situations when we received patients, I observed nursing practices that I wish to acquire and some to avoid. I know that in emergency medicine every second counts, but I believe that there are procedures that need to be performed in a sterile manner, no matter the context. I was able to witness great patient care from my nurse. The great communication between the entire health care team was also very enjoyable to witness and participate in. Being in emergency medicine, I learned that we need the ability to anticipate, prepare and keep a clear mind for critical thinking no matter where the patient's condition turns to. I anticipated experiencing a code this week, which did happen. I was able to compare and contrast my code experience between the last clinical I worked in and this one. There weren't any key differences, I still witnessed great communication among the health care team. The patient came in with an asystole heart rhythm and I rapidly recalled information from lecture to imagine what the patient was going to look like and what procedures would be needed. Although I did not perform compressions, I still aided a nurse in gathering the supplies needed for an IV insertion. I was very surprised how short the code lasted. It did affect me emotionally due to having no experience previously regarding witnessing a death. I got to perform a urinary catheter insertion although I was not successful, I was given advice on how to better perform them for the future. I was a bit upset that I wasn't successful, but I reminded myself that the whole purpose of a clinical is to learn. Although I only went just one day, I noticed that my personality is not suitable for emergency medicine. I do think it was overall fun, full of learning experiences, and great nursing care. I am grateful that even though we are in the middle of a pandemic, nurses are still in the frontline willing to take care of people.