

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 able to participate in mock clinical practice to be graded accordingly and failed, because I ran out of time. I supposed to focus on neurological assessment and I forgot to ask drug allergy from the patient. As a result, I was graded 0 in the first try and was scheduled to come back at 2 pm to try again. And so, I tried and failed again the second time. I did neurological assessment but supposed to do other assessment per instructor. Instructor also noted that I handled the iv port wrong. This time my final grade for clinical is 0.</p>	<p>Step 4 Analysis</p> <p>Mock clinicals such these could have a positive outcome to those students that aced it. It reflects the readiness of the student to tackle patient care jobs in the future. But these can be very negative for those students, me included, that failed it miserably. Getting a zero is really demoralizing, it could have been better if a deserving grade was given to the part that was correctly done. Even if only given one point, it really helps the students grade, and helps us continue and understand and learn better. I strongly believe that my failure is not my reflection in the future self.</p>
<p>Step 2 Feelings</p> <p>It was really hard to perform if somebody is watching every move I make and waiting for me to make a mistake. I practiced and was ready to perform but I wasn't ready to be observed, criticized, and failed. It does knock off my confidence level big time, not to mention the possibility of failing the whole course module. I don't really know if I can recover from this. I didn't see that perfection is expected for a student like me.</p>	<p>Step 5 Conclusion</p> <p>I could have practiced harder and build up my confidence to a point that watching instructor's prying eyes doesn't matter anymore. I can't do much about what happened today but I can prepare myself to excel mock clinicals in the next modules if I survive this module.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this is to know what my mistakes and know how to learn from it. The bad thing though is that if you failed, it knocks down a huge chunk of confidence that I accumulated since I started this course. It also knocks off a substantial percentage of final grade that is essential to pass this module. Today's experience doesn't help at all for me to be an effective caregiver in the future. It is demoralizing and not helping towards my goal.</p>	<p>Step 6 Action Plan</p> <p>Learning from my failures would definitely improve my nursing practice in the future. Experience from mock clinicals felt so real and it reveals my weakness and also reveals my tenacity to further prepare myself to meet my goals in the future.</p>