

# 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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*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><b>Step 1 Description</b></p> <p>A student and I during SIM talked about walking into a patient's room that was post-op from the PACU. Before walking into the patient's room, we received the last vital signs which were normal. Once we entered the room, we checked vital signs since the patient is post-op. The patient's blood pressure went from 121/75 to 81/63, her respiratory rate increased from 18 to 22, her O2 Sat went from 95% to 93%, and her pain level was now a 10. We also checked her surgical wound which had serosanguineous drainage. After getting all the vitals I put the patient's nasal canula on flowing at 2 L while the other student contacted the physician about the patient's changes. The physician gave us new orders which we then began to perform. We first got a bag of lactated ringers and started the infusion while also drawing blood so that we could assess if she were anemic and if we needed to administer blood. We then came back and discovered that her blood pressure and O2 Sat were in normal range. We also got the blood results back which indicated that the patient did not need a blood transfusion. Lastly, we gave the patient Ketorolac since they were NPO and they had already received Morphine.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply my knowledge on medications since we had to give a couple, lab values since we had to determine what was abnormal and if it was corrected, and what we've learned about prioritization since we had to figure out how to properly take care of the patient. I also could apply my knowledge from clinicals since I dealt with a lot of patients that had fractures and surgeries to repair them. Recent literature that could help with this would be our lecture on anemia and musculoskeletal. The broader issues that arise from this are that some patients that are post-op can drastically change and that's why we have to pay close attention to them so that they remain healthy. What was really going on with this SIM was that we were determining what needed to get done and when we should do it so that the patient remained safe. I think both the other student and I had the same experience since we both were competent and knew what to say. The impact of different perspectives on this is that we can learn from how others react and deal with certain scenarios.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning, I felt a little nervous since I have never done a SIM like this, and I was in the first group that went so I didn't know how it would go. At the time I was just thinking that I may not know everything to say and that I might say the wrong thing. Also, that I would get flustered and forget everything. During the event, I felt smart and confident because I actually knew the right things to say and I was able to convey what the patient would need. The teacher also made me feel more confident because of the thing she said about a couple of my answers. I felt great about the final outcome because we were able to complete the SIM and we did everything that we needed to get done. Even though it was SIM we were able to show the proper ways we would have dealt with this patient in real life. The most important emotion I felt was confidence because this could greatly benefit my nursing. Holding on to this confidence will allow me to perform better and ensure my future patient's safety.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made this SIM better just by being more confident in the beginning. I gained confidence shortly after we started but it just would have made the beginning a little better. The other student did great and covered everything I did not cover so they could not have made the situation any better. They did everything they needed to do and more to make the SIM go smoothly. I could have prepared a little more before so that I could be more confident in the beginning and remembered what packing a dressing is since I knew what it was just over thought it. I learned that I do know how to prioritize patient care and that I can read a patient's scenario well. I also learned that I should be more confident when doing things that involve patient care.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about this SIM is that we were both able to convey what we would do for this patient if we had them in an actual hospital. We did everything we needed to and were able to accurately prioritize our plan of care for the patient. The only thing bad about it was that I just wasn't confident in the very beginning of it. The easy part was explaining what we needed to do and assessing the situation. What made it even easier was that it was two of us so we didn't have to do the whole thing alone and if one of us forgot anything the other could address it. The only difficult part was starting since we both didn't know what to expect. The way we were able to convey and address every issue went well. The other student did well by addressing the things I didn't cover and by explaining what they would have told the physician. I didn't really expect a different outcome since I didn't know how the actual scenario was going to go so I didn't expect anything. Nothing really went wrong with the SIM since we did it together. I contributed by saying the things I knew would be the proper things to address and by explaining her medications since I wrote them up.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think the SIM went well and I feel like I gained a lot of confidence from it. I think we both knew what needed to be done and conveyed what we needed to well. I can draw the conclusion that patient sometimes has multiple problems but assessing them properly and implementing proper care can quickly make their situation better. With hindsight, I would have just started off more confident and read up a little more on my patient. I can use the lessons I learned with all patient care to better prioritize and implement the care that they need. I can also use them to be more confident when taking care of patients. This has taught me that professional practice involves a lot of prioritization to ensure patient safety and that it is important to get good at prioritization. Regarding myself, I learned that I know what I'm doing so I should be more confident about it. I will use this experience to further improve my nursing at any time I have a patient. Every patient is different, so I'll have to prioritize care for many different scenarios in the real world.</p>