

## 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. personnel / 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>Received bedside report from the night shift nurse, a fellow co-worker and I were in charge of taking care of the patient. Our main goal was to make sure the patient feels well and is comfortable. We gather all the information from how the patient was taken care of during the night. Made sure we had the proper equipment such as, stethoscope, pen light, badge to identify myself, and pen. As the primary nurse, my main priority was to identify what is wrong with the patient and improve their feeling of discomfort/pain and overall health.</p>	<p><b>Step 4 Analysis</b></p> <p>I knew that patient had COPD and was not being able to filter that carbon dioxide out of his lungs. In this scenario, I checked to see if he had his oxygen on and if the hob was raised. From there, I noticed his IV was incorrect and needed to be adjusted. From the patient complaining about not being able to breath and wanting his inhaler. My thought was to get the respiratory therapist up here to check up him.</p>
<p><b>Step 2 Feelings</b></p> <p>Walking into the room, I immediately notice the patient was not feeling well. He stated, "Trouble breathing" and I immediately responded by lifting the head of the bed up and checking his flow rate. This concerned me because it is not a good feeling not being able to breath, which raises both of our anxieties. Mainly the patient's anxiety but just knowing that my patient feels this way concerns me. I was worried about the patient and how he felt during this time. The thoughts that were running through my head were, "okay, what can I do to make him feel better."</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, instead of using a spirometer for his COPD which I initially used for him was incorrect. The better exercise would have been pursed lip breathing for his situation. This helps by moving out the carbon dioxide that is trap in his lungs. Also, really paying attention to his medications and realizing if he was taking any extra puffs than needed. The patient's husband had an inhaler that was offered to be used.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event was extremely helpful to me. I learned about what to prioritize and what not to do. I learned to really patient attention to all the orders and medications that were on the patient's chart. For instance, by looking at all his medications and seeing if they are compatible and if they go with his diagnosis. "Okay he has this ordered and he also has to take this." The onset, peaks, and durations of the medications. I made several errors but realized this opportunity made me realize and learn what is needed to be done.</p>	<p><b>Step 6 Action Plan</b></p> <p>The overall situation was a great learning experience that I really enjoyed. If we had more of these opportunities overall, I think we would all benefit from them. I learned so much just by playing the situation out as the primary nurse. It made me realize the bigger picture and notice important things that I didn't know before.</p>