

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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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>Yesterday, December 8, I encountered an emotional situation with a patient. A fellow student and I were conversating with a patient (with a history of stroke) while providing care. The patient was describing his past experiences from the Navy and began to cry. The patient stated that he was crying due to his reminiscing of what his life used to be.</p>	<p>Step 4 Analysis</p> <p>Grief is a normal reaction to the loss of independence caused by a stroke. As a nurse in the future, I need to be aware and anticipate the emotions a patient may experience when in a similar situation. By anticipating the possible grief, I can better prepare myself with appropriate and compassionate responses.</p>
<p>Step 2 Feelings</p> <p>I was enjoying speaking to the patient and hearing of his past adventures; however, I was not prepared for his sudden emotional outburst. I immediately felt regret for engaging in the conversation that led my patient to feel so emotional. I was unsure of how to properly handle the situation.</p>	<p>Step 5 Conclusion</p> <p>Since I was not prepared for the sudden change in my patients emotional state. I feel that I shut down a bit. In the future I hope to be better prepared so that I can encourage the patient to express their emotions if that is what the patient needs. Rather than ending the conversation relatively quickly, I hope to be able to listen and give the patient the time they need to feel and express their emotions.</p>
<p>Step 3 Evaluation</p> <p>Now that I have had time to reflect on the situation, I am thankful for the moments I spent bonding with my patient. I believe he truly enjoyed the fact that I took the time to speak with him about his life. However, I wish I would have reacted to his emotions differently. I hope to be able to stay engaged with the patient in the future and encourage them to express their feelings without feeling uncomfortable.</p>	<p>Step 6 Action Plan</p> <p>This event taught me to be more aware of the total affect illness has on a patient. As a student who has never encountered this situation I was focused on my task at hand and the specific conversation. I did not consider the bigger picture which left me unprepared to seamlessly handle the shift in my patients' emotional state. This taught me to always be critically thinking and anticipating what could happen next, so that I will be prepared and able to make my patient feel comfortable and understood.</p>