

## 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>This morning while giving morning medications, the TPCN was supervising me as I was scanning each medication and explaining the medications to the patient. When I got to the patient's laxative medication, they let me know that they refused this medication. I had not had an experience of a patient refusing medications yet in my clinical experience so was unsure how to answer. My TPCN was quick to inform the patient that by not taking the laxative their constipation would be hard to resolve since they were not able to ambulate much due to diagnosis. My TPCN also informed the patient that by refusing their laxative they would not feel very well and that would hinder their "want" to have an active role in recovery. After these patient teachings from TPCN regarding laxatives, the patient chose to then go ahead and receive his laxative.</p>	<p><b>Step 4 Analysis</b></p> <p>By the patient not taking his laxative it would have just made him feel worse. As a student nurse with not much experience, it was informative to see my TPCN know how to handle the situation.</p>
<p><b>Step 2 Feelings</b></p> <p>When the patient denied the laxative, I was unsure how to proceed with medication administration. I thought I would just accept that the patient did not want medication and proceed with other medications. I felt enlightened when the TPCN began explaining to the patient the importance of the medication in their recovery. After the patient decided to go ahead and receive the medication, I was encouraged to know there was something I could do in the future when a patient refused a medication.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel I could have been more knowledgeable about the medication I was giving and more of why the patient was receiving it so that I could have known how to educate patient on importance of taking it.</p>
<p><b>Step 3 Evaluation</b></p> <p>I did not expect the patient to end up receiving this medication because he sounded so adamant about not taking it. The TPCN did a great job explaining the benefits of this medication.</p>	<p><b>Step 6 Action Plan</b></p> <p>I can definitely remember this incidence and know that the next time I am giving medications that I need to be more aware of how the medications are aiding in patients healing and over all good health.</p>