

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 I cared for a patient that was admitted for a COPD exacerbation. I was able to perform oral care and administer a med with my nurse through my patient's OG tube. It was nice to see the patient gradually improve and progress off the ventilator and be extubated.</p>	<p>Step 4 Analysis I can apply raising and lowering the bed to a more suitable position where I can comfortably perform the skill. This helps me effectively clean and provide the best care for the patient. Raising and lowering the bed helps provide better care by moving to a comfortable position to work from.</p>
<p>Step 2 Feelings Before I started oral care, I was a little nervous due to it being my first time I performed the skill on an actual patient. Despite that, the patient's significant other was supportive and positive while I performed oral care. I was appreciative for their kind words and the encouragement I received from my nurse.</p>	<p>Step 5 Conclusion I could have been more confident and not as timid to clean the patient's mouth. The cleaner it is the better, and the patient's risk for ventilator acquired pneumonia decreases. In addition, I will remember to lower the bed to a more suitable working height.</p>
<p>Step 3 Evaluation At first it was difficult to maneuver the toothette around the tube, but my nurse showed me how to move the ET tube around using a device attached. When it was time for the patient to be extubated, the RT was surprised there was nothing to suction, due to the oral care I performed prior, which boosted my confidence in the skill.</p>	<p>Step 6 Action Plan It was nice to be able to perform a skill we learned in lab and perform it effectively on a patient. Next time I will be more comfortable in maneuvering around the patient's tube and not be as timid. I learned from this event that I can be gentle while performing the best oral care and how to effectively maneuver around the tubing. The experience from this will help my confidence the next time I perform this skill in the future.</p>