

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. personnel / 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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Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- What happened? My patient was admitted for AMS (negative workup), pt has an extensive hx of psychiatric disorders
- When did it happen? Patient was admitted through the ER after a welfare check by LPD
- Where were you? I was the student nurse working with the primary nurse
- Who was involved? Primary nurse, myself & sitter
- What were you doing? -
- What role did you play? A student nurse learning things on a step-down unit
- What roles did others play? Primary nurse did most of the talking with the patient

What was the result? Patient was very anxious and continued to repeat words, gestures, conversations, etc. The patient displayed several psychiatric disorders and challenging to pinpoint the known cause of everything.

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- How were you feeling at the beginning? I felt like the patient despite having a sitter was going to keep the primary nurse and myself busy during the shift.
- What were you thinking at the time? I was trying to narrow down why the patient was displaying psychiatric symptoms but on a step-down floor.
- How did the event make you feel? This patient made me empathize with how she was feeling and how it was out of her control despite several doses of medications.
- What did the words or actions of others make you think? The primary nurse was very compassionate towards this patient, she was patient and attempted to calm the patient during each interaction.
- How did this make you feel? Made me have concerns that this patient has been experiencing these exacerbated psychiatric symptoms for quite sometime and it took a welfare check from LPD to get her seen.
- How did you feel about the final outcome? Patient is still hospitalized, unknown discharge date or arrangements for patient moving forward.
- What is the most important emotion or feeling you have about the incident? This incident exacerbated my anxiety symptoms and although I wasn't the one experiencing what the patient was, reminded me we never know what others are going through.

Why is this the most important feeling? It makes you understand the bigger picture, kindness. We have to always be kind despite what the patient is experiencing and how they are coping/dealing with it.

Step 3 Evaluation

- What was good about the event? The primary nurse was the good in this event, she was just what the patient needed, kindness.
- What was bad? In my opinion, improper medication/treatment. Pt was clearly displaying multiple extensive psychiatric symptoms and I don't think she was being medicated appropriately.
- What was easy? She wasn't aggressive, which helped the primary nurse do her job.
- What was difficult? Trying to keep the patient focused on one thing vs repeated words/sentences she was doing
- What went well? The primary nurse was able to talk with the patient at times and I was able to administer her medications.
- What did you do well? Maintained my patience. It is hard to stay focused on the things "tasks" you need to do when taking care of a patient and they are displaying signs of anxiety & OCD.
- What did others do well? All team members worked well today, it took a village to keep redirecting this

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patient.

- Did you expect a different outcome? If so, why? I was hoping the nurse would speak to the charge nurse or even physician to discuss medication administration (changing current therapy or adding additional medications)
- What went wrong, or not as expected? Why? Nothing went wrong I just hoped since this patient had been in the hospital since 12-2-2020 that improvements would have been made, disserve to the patient.

How did you contribute-? I just helped this patient to the best of my ability, tried to answer all her repeated questions and tried to maintain my patience, despite my own anxiety that was developed.

Step 4 Analysis

I can apply my knowledge and skills I learned in previous modules and lectures. I should be practicing evidence-based practice.

My Psychiatric Mental Health Module prior to 7 helped me with determining some of the things I witnessed today with my patient & gave me a better understanding and application once learned.

No other issues arose from this event. I can sense that taking care of "AMS" patient can be both rewarding and challenging.

What was really going on? My patient suffers from extensive psychiatric history

Were other people's experiences similar or different in important ways? I would say similar and different because of the different patients we took care of.

What is the impact of different perspectives eg. personal / patients / colleagues' perspectives? This impacts learning, teaching, compassion and growth.

Step 5 Conclusion

The good thing about this event was having a nurse who was kind and patient enough to answer any questions I had during my clinicals. I didn't experience anything bad during my clinicals. It was a moderate adjustment to a complex unit. It was difficult to understand all the medical care for patients on S5 because I haven't been exposed enough to really understand. The adaptation went well with some forgetful things. I did my medication administration well. My classmates showed compassion towards the patients on the unit. I didn't know what to expect so I didn't have an outcome other than wanting to be open minded to new learning. tried to be available to the nursing staff and contribute in any possible way.

Step 6 Action Plan

What do you think overall about this situation? I think my patient is scared and unsure of what begins to take place for her to get better and discharged.

What conclusions can you draw? I can conclude that these nurses make a difference and change patients' lives.

How do you justify these? By witnessing these characteristics in person.

With hindsight, would you do something differently next time and why? Yes, I would read a bit more into my patients' disease and be educating to questions they have.

I can apply these learnings to my everyday living.

How can you use the lessons learned from this event in future? Every day is different and have a positive mind set.

This unit taught me that I have a lot to learn and if I want to learn I have the resources available to me including instructors and preceptors. I learned I can adapt to different settings well. I will use this experience to remain open minded about all the aspects and challenges of nursing.