

## 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>Upon receiving bedside report from the night shift nurse, my nurse and I gathered all the information for the following three patients that we had for the day. We went into each patient's room identifying ourselves and wrote on the board. During this time, we noticed that one of our patients had an interesting diagnosis and by interesting meaning the condition was serious. From this point, the nurse and I went back to the computer lab and looked for any important factors that we should be aware of before care was given. Such as what medications they have for the day and if any diagnostic testing/procedures that needed to be done. Also, paying attention to their labs. As the student nurse, my main goal was to get our patients feeling better and processing the care given as a whole.</p>	<p><b>Step 4 Analysis</b></p> <p>From the Doctor diagnosing the patient with cerebrospinal fluid leak, and upon assessment of finding Atrial fibrillation we knew the patient would need to be transferred from the neuro floor to the cardiac floor. Atrial fibrillation is a rapid heart rate that causes poor blood flow to the organs. The patient would need to be put on telemetry to monitor the heart rate.</p>
<p><b>Step 2 Feelings</b></p> <p>After reviewing the patient's chart, we went into the room. I was feeling very concerned about the patient and scared. Some feelings of discouragement waved over me knowing that my patient has this diagnosis occur spontaneously. I was scared because the patient had gone two years with a runny nose believing "allergies" was the cause. The thoughts that were running through my head were "TWO YEARS, HOLY COW." My main priority at this current moment was to assess the patient. Upon assessing the patient, I noticed the heart rate was abnormal. It was a rapid irregular beat. I asked my nurse to listen and see if I was correct with the abnormal heart rate. It was correct about the rapid rate and my nurse ordered an EKG to be done and see who their cardiologist was.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, I should've asked my nurse more questions about atrial fibrillation and what would occur with the patient. Also, ask how do you go about ordering an ekg and getting them transferred over to the cardiac unit. I learned to participate and not be afraid of asking the nurse to listen and see if you're correctly doing the assessment.</p>
<p><b>Step 3 Evaluation</b></p> <p>The assessment overall was good and made me realize how helpful it is to do them. By doing multiple assessments on different patients and noticing normal from abnormal really helps. In this case, as mentioned previously before the patient had an irregular heart rate that I was able to notice. From this point the patient had an EKG and they detected Atrial fibrillation.</p>	<p><b>Step 6 Action Plan</b></p> <p>The overall situation was helpful in developing more experience with abnormal sounds and not being afraid to ask for help. I feel like this helps me grow as a student nurse noticing that not every heart rate is the same. The importance of doing the assessments and paying close attention to your nurse helps you understand the situation in clinical experience.</p>