

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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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>On Wednesday I started my first IV. It happened right after we came back from lunch. I was in the patients room with my nurse and the patient had orders to start an IV for antibiotic treatment. I started the IV as my nurse watched and instructed me during the process. I was able to get blood return and advance the catheter on my first try.</p>	<p>Step 4 Analysis</p> <p>I can apply my NII's to both how to start an IV and how to program the pump. I have a different perspective on IV starts and now I will know that it isn't as hard as what I made it seem. I think my classmates can agree that its scary at first and then once you successfully get a stick you are more confident</p>
<p>Step 2 Feelings</p> <p>In the beginning I was nervous because I had not had much practice before. I was easier than I thought but I am still not 100% comfortable with how to hold the butterfly catheters or the angles you should start with. I was successful in finding a good vein and starting the IV. I was also able to program the pump by my self. In the end I was happy I was able to successfully start the IV and program the pump. This was important because it boosted my confidence in my skills.</p>	<p>Step 5 Conclusion</p> <p>I could have done better by applying more pressure when initiating the skin break. This would relieve some pain that the patient might feel and would also keep the vein from moving or rolling.</p>
<p>Step 3 Evaluation</p> <p>Something that was good about this event was that the patient allowed me to practice on him and was happy to let me. The most difficult part was knowing how much pressure to use to break the skin. I think I programed the pump really well and knew all the steps and checks to do first before letting it run. I wasn't expecting to get it on my first try because I don't have much practice with IV sticks.</p>	<p>Step 6 Action Plan</p> <p>Over all my nurse was great and gave me good tips to use next time. Next time I will be more confident in my skills and will remember to use more pressure when starting the stick. Practicing IV starts is really important because it is an everyday skill that will be used often during school and after.</p>