

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 was in my patient's room doing post-op vitals. My classmate and I were taking vitals on the patient and our nurse was documenting. The patient's blood pressure was very low and she is usually on blood pressure medications for high blood pressure. After three sets of vitals went by and the patient still had low blood pressure our nurse went to ask for help on what to do to help raise it. Another nurse came in and gave her the idea to put the patient in Trendelenburg to help raise the blood pressure. The patient's blood pressure did start to go back up slowly.</p>	<p>Step 4 Analysis The impact of different nurses' perspectives helped the nurse come up with an idea to successfully raise the patient's blood pressure slowly. I can apply this to every other situation I have in the hospital by knowing not to be afraid to ask others for help when in a complicated situation. If the nurse would have let the patient's blood pressure stay that low then other complications could have happened. Instead, the nurse saw that there was a problem and she asked for help.</p>
<p>Step 2 Feelings At the beginning I was feeling nervous about my patient's blood pressure being so low especially since she is usually on blood pressure medication for her hypertension. Once that nurse gave our nurse an idea to put the patient in Trendelenburg, I thought that was such a good idea and it made sense to me. Once the patient's blood pressure started rising I felt more relieved. I felt like I learned something from both of the nurses. Not only that positioning the patient in Trendelenburg position could help raise the blood pressure but also how to not be afraid to ask others for help in sticky situations.</p>	<p>Step 5 Conclusion I could have made the situation better by going to ask the other nurse myself, while my nurse was documenting, an idea to help raise the blood pressure. I don't think others could have made the situation better because they all worked together as a group to help the patient. I learned that working together can get different ideas involved which will lead to a successful patient care.</p>
<p>Step 3 Evaluation The best thing about this event was that our nurse was not afraid to go ask for other's advice. She got an idea from another nurse and used it to successfully help the patient. The patient was an advocate for her patient and did use other nurses' ideas to come up with a plan to help our patient's blood pressure come back up. I contributed by taking vitals on the scheduled time and reporting it to my nurse immediately while she was documenting.</p>	<p>Step 6 Action Plan I can apply this situation to real life events by not being afraid to ask others for help when I am in a complicated situation. I would have not done anything differently if I were in my nurse's shoes. I think she handled that situation well. Now next time a patient has low blood pressure bringing that idea to try could help the blood pressure raise. Sometimes getting ideas from others is a good thing to help brainstorm with other ideas with a successful care plan.</p>