

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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>This incident took place after lunch on Wednesday at clinical. Mrs. Meyers, the patient, my nurse, and I were the people involved. My nurse and I were doing wound care on our patient when she noticed his IV went bad. Mrs. Meyers and I gathered the correct supplies needed to start the IV then went back into the patient room. I attempted the IV and was unsuccessful. My nurse came in and got the IV on her second stick.</p>	<p>Step 4 Analysis</p> <p>I applied a lot of knowledge learned in IM2 regarding IV starts. I think it was also important that I, and the patient, understood why we were doing what we were doing. My patient has been NPO for a while and needed the fluid replacement and was also receiving some medication via IVPB. The importance of having patent access to his vein made the process easier. My other classmates were proud of me for trying but just as bummed as I was when I told them I didn't get it.</p>
<p>Step 2 Feelings</p> <p>I was very nervous at the beginning cause I knew my nurse was going to ask me if I wanted to try. I wanted nothing more than to try and to be successful but knew I have never done one before. I felt encouraged by Mrs. Meyers and my nurse. The most important emotion I felt about the incident was that I knew the steps and protocol to completing this task. Its crazy how I haven't even thought deeply about IV start processes since IM2 but once it came time, It just came to me. This is the most important feeling cause this runs true with a lot of nursing skills, hanging IVPB, injections, and other skills make me nervous but once it comes time my hands just remember what to do despite being so nervous and feeling "blank minded" by nerves.</p>	<p>Step 5 Conclusion</p> <p>The situation could of gone better if I got the IV on the first stick, due both to pride but most importantly that we wouldn't have to stick my poor patient twice more. I felt like everyone did what they could of to make the situation better, Kelsey walked me through her thought process when she went to start it after my attempt. I wish I would have been a little more confident in myself but overall felt like I handled the situation well.</p>
<p>Step 3 Evaluation</p> <p>This event was a really good learning experience. It was bad that I didn't get the IV but my patient was a really good sport and didn't seem to mind. Finding the vein was probably the most difficult part. I felt like I did well by following the steps and Mrs. Meyers did well at guiding me through the process. I was hoping for a different outcome, getting it on first stick, but was also okay that I didn't as I have never once done it before.</p>	<p>Step 6 Action Plan</p> <p>Overall, the situation was a great learning experience. In hindsight I wish I would of verified the vein with someone else before sticking just to make sure but I know someone telling you yes do it here every time is realistic. I concluded very fast that starting an IV on a human is NOTHING like starting them in Sim lab. I will take what I learned and apply it to further events. This event will help me in the future as practice makes perfect when it comes to skills like this.</p>