

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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I began my preceptorship on December 4, 2020 on East 7 which is the Oncology floor at Covenant Medical Center for Module 8. I am required and expected to complete ten 12-hour shifts of clinical for this module. This is required of me so that I can begin to transition from the role of a student nurse to the role of a graduate nurse. I was a bit nervous for my preceptorship on this floor because I had never been on this unit before. I felt unprepared to be on this unit because I could not remember much of what I had learned over oncology. I went back to my notes and reviewed before my first day of preceptorship, which helped calm my nerves a little.

On the first day of my preceptorship I did not take a patient on my own. I assisted my preceptor with all her assigned patients. I was able to perform a head-to-toe assessment on a couple of her patients', and she allowed me to pass medications to all her patient's. On my 2nd day I took one patient on my own and did all care and charting for this one patient. On my 3rd and 4th days I took 2 patients, and on my 5th day I took 3 patients. I have learned to stay focused, and manage my time properly for the care of 3 patient's. I have also learned to expect the unexpected because every shift isn't always smooth sailing, and you do not always have time to keep up with charting while caring for all your patient's. I have improved my communication with my patient's and have better interactions with them.

Throughout my first 5 clinical shifts I have had the opportunity to perform and observe several skills. These skills include: blood draws, IV sticks, dressing changes, blood transfusions, pure wick catheter placements, tracheostomy care, peg tube care and feeding, wound care, and post mortem care. I have utilized my knowledge that I have accumulated throughout nursing school to provide safe and evidence-based practice care at all times.

I can see the progress I have made throughout my clinical rotations. I am always eager to learn and attempt to improve and expand my knowledge and skills. I believe I need to work on

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my critical thinking skill. I look forward to my remaining half of clinicals and hope to continue to learn so that I can be a safe, caring, compassionate, and efficient nurse to all my patients.