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.

Step 1 Description
A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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
- 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?

Step 2 Feelings
Don't move on to analyzing these yet, simply describe them.
- 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?

Step 3 Evaluation
- 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?

Step 4 Analysis
- 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'

Step 5 Conclusion
- 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?

Step 6 Action Plan
- 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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During my time In the Pediatric ER I've been very lucky to see a lot of different things. My first day at clinical a young girl came in who had tried to commit suicide that morning. In the adult world, I hadn't really seen what that looks like and how you treat it. My nurse and I immediately walked into her room and asked her what had happened and what had led to this and she started to talk about how three of her closest friends had committed suicide earlier that week. I was shocked and I felt so upset by what she had just said. She was so young and to be honest I just wanted to cry for her. Luckily, I have never had someone close to me commit suicide and I never really knew the effects it had on others. I felt many different emotions during that time, I personally was devasted by this young girl and all that she had been through but when I walked out of her room I overheard other nurses stating that It was just for attention and that if she really wanted to end her life she would've. I was shocked at their responses when I felt so deeply for this girl, I had to take a step back and realize that the nurses may be callus to some things that are still very raw to me. In nursing school, we are taught to not assume anything about a patient, if they say that their pain is at a 10 then we treat it accordingly with no questions asked. Whether she was doing this for attention or not, it isn't my job to prove that point. As a nurse I should treat her with no judgement and love her the best way that I can. During my clinical experience as a whole I've realized that nurses can really be numb to their surrounding situations and that is something that I have to keep in mind as I become a nurse. I think that in this situation the nurses should have taken on the philosophy that if you can't say something nice then don't say anything at all. This situation has taught me that I am never to judge someone based on what they say to be true. I wouldn't want someone to tell everyone that I'm attention seeking and I'm not actually hurting. I don't know what that girl's intentions were when she came into the ER but I do know that It is never my place to make those assumptions about her and gossip to my coworkers about it. If I encounter this situation in the future, I think it is worth it to politely talk to coworkers about how our only job is to treat people accordingly and to do it in a nonjudgmental manner. I was able to learn a lot from this experience and I'm thankful that It will help me in the long run.