

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 My first 5 shifts at PEDI Unit consisted of becoming familiar with the Nursing role by gradually increasing the tasks I did every shift and implementing more critical thinking in my everyday routine. I had been exposed to a variety of different patients by the first 3 days and have become more comfortable administering medication, talking to patients/family members and organizing my day with assistance from my preceptor. On day 5, I was able to handle more tasks such as, documenting for all her patients, planning out the day, and communicating with the patients and healthcare staff. In addition, I have been able to practice some old and new skills such as blood draws, Covid swabs, G tubes, wound dressings, etc. Overall, I am truly starting to understand the Nursing role by going through these shifts and thinking about all the aspects of a patient's health and how to apply the proper interventions.</p>	<p>Step 4 Analysis I used my clinical experiences from other units regarding basic tasks, skills and documentation, but since it's a different specialty there were some things that I hadn't seen before. I also had to recall a lot of information I learned from module 5, pediatrics and module 6, maternal health and apply them here. It's also different in the way that all the patients have their family member with them so it's critical to properly communicate to all parties as to what's happening. Even though I am mainly treating kids, I know I'll be able to use the knowledge and Nursing process I learn here and transfer them to the unit I will be working on.</p>
<p>Step 2 Feelings In the beginning, I was nervous, but excited to learn from my Preceptor. I had limited time in the Pediatrics unit during Module 5 because of Covid, so I was grateful for this opportunity to learn what taking care of kids was like. From the beginning, I constantly asked questions even though they might have sounded dumb or annoying because I felt the need to gain as much from this experience as possible. My preceptor was always encouraging and let me lead the way as shifts went on which further boosted my confidence. She also tested my critical thinking abilities which challenged me at times, but I was thankful for it because it really put the pieces together when caring for a patient. By day 5, I felt way more at ease working and had a better mindset on how to go through my day.</p>	<p>Step 5 Conclusion I've learned a plethora of material and what the day to day process of a Nurse is like. It's more than just mindlessly doing tasks, which is what it felt like in the previous modules but thinking about how to properly care for a patient. I feel as if I could have done many things differently such as being more detail oriented, organized and being completely ready before going into a room. My goal by the final shifts are to avoid making these little mistakes and look as well rounded as a Registered Nurse.</p>
<p>Step 3 Evaluation The whole experience has been delightful so far because it gives me a real glimpse of what Nursing is really like. There were some things that came easy to me such as, documenting, administering meds, blood draws, and communicating with patients/staff. There are still some things I'm working to become more comfortable with such as prioritizing, organization, being equipped and handling all my patients without my preceptor's help. I have noticed the floor has great teamwork and they are always ready to help one another. In fact, other Nurses have even asked if I wanted to do certain skills for them when I wasn't busy which is super encouraging. I'm constantly learning something new on every shift while becoming more comfortable with the skills I do know.</p>	<p>Step 6 Action Plan The first 5 shifts have been enriching and I have honestly enjoyed my time on the Pediatric floor. I have noticed taking care of kids brings out a side of me that always makes me want to be more joyous and smiling. I believe the best thing I've learned so far is organization - something I was always worried about because Nurses must do so much. Being able to step into a Nurse's shoes, I can now see how everything is more manageable. As a student, I'm still putting myself out there and acquiring every learning opportunity there is with plans to focus on developing the traits of critical thinking and prioritization as I finish up the last half of my shifts.</p>