

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 have my preceptorship on South 6, orthopedics, and I just got to the halfway mark. I have completed 5 shifts and I've learned so much already. My preceptor is amazing and is so eager to teach and allow me room to grow which is so helpful. The floor is busy but it's nice because the day goes by pretty quick, it makes those long 12-hour shifts seem more like 8-hour shifts!</p>	<p>Step 4 Analysis I'm glad that I have been able to apply my previous knowledge to my nursing practice. It's nice that we get to be here for the full 12-hour shift, so we know what goes on throughout a full day. I've also really liked working back-to-back shifts because sometimes you will have the same patients and it's nice to go in already knowing their background and have an idea on what's been going on.</p>
<p>Step 2 Feelings When we went to draw for our preceptorship floors, orthopedics was the last floor I thought I'd get. I honestly was a little bummed when found out I was going to be placed on orthopedics; Not because I didn't think I would learn, just because I loved the pediatric world and hoped for a preceptorship on one of those floors. But, I can honestly say, I'm so glad I got to do my preceptorship on orthopedics! Due to COVID-19, a lot of elective procedures have been postponed so the orthopedics floor is a little mix of everything. I've had psych patients, GI patients, and much more.</p>	<p>Step 5 Conclusion So far, I have loved my preceptorship. My preceptor is amazing, she is such a great teacher and is so sweet to everyone. She is a great representation of a caring and loving nurse. She treats her patients as if they were her family and it's so heartwarming to see. The nurses are all so helpful. When a patient needs to be transferred, the whole team runs in to help move the patient. I love that you never feel by yourself. Everyone has been so helpful and kind and has made this experience very enjoyable.</p>
<p>Step 3 Evaluation It has been a great learning environment. I got to refresh a lot of skills I haven't been able to practice in a while. I was able to collect blood draws, UA specimens and COVID swabs. I put a foley in one of my patients and got it on my first try. I administered blood, administered feedings through a PEG tube and have done IV insertions. Everyday I'm learning more and more and feeling more confident in my role as a student nurse.</p>	<p>Step 6 Action Plan Overall, I think I've gotten a lot out of my preceptorship. I've only completed 60 hours out of 120 and I already feel so much more confident than I did on day 1. My preceptor is eager to teach me and wants me to learn as much as I can. I've learned so much and have been able to grow on prioritization and time management throughout my shifts.</p>