

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. <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? 	<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?

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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 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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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 learned so much while doing my preceptor shifts on HC5. Friday will be by 6th shift. I have had many patients with all different cases. I was able to perform many different skills on the floor such as removing a chest tube, trialysis port, and empty a nephrostomy bag. My most complicating patient I would say is a older individual that came in with what they thought was a small bowel obstruction but it ended up being a complication with his urostomy. The individual had come in with right sided flank pain which ended up being kidney stones which caused him to go into metabolic acidosis. I was able to push 50ml of bicarb (first time) and after that we just monitored him. I would check on him every 20-30 minutes and he was sleeping/lethargic during those times.</p>	<p>Step 4 Analysis During this experience I have had lots of fun and learned lots of news things, but it was also a sad time. It breaks my heart when family members do not come visit their sick parents. That is something I am going to have to overcome and deal with as a soon to be GN. My preceptor has answered all of my questions when it comes to Meditech and guides me in the right direction. If I am having trouble with a skill I haven't used in a while he also helps me with that. He helped guide me in the right direction when it came to remove the chest tube, trialysis port, and blood draws. I also really like how nurses from the floor would come by and offer help before going to lunch or if they were not busy at that time. This was also a good opportunity to apply past knowledge from the module and skills we have learned in the previous modules and see how much we have retained as students. I have been able to give meds through a NG tube, draw blood from a central line, and suction a patient.</p>
<p>Step 2 Feelings Clinicals at first was very stressful considering I am not very fluent with Meditech and taking on more than two patients at a time. We also were short nurses on my 4th day which made it a little more difficult but on the 5th day things smoothed out a little bit. Working during stressful times makes you learn how to work under pressure and makes you a better nurse so it was a great learning experience and I would not change a thing. On the 4th day we had three patients that were more needy than the other two patients so that also made it a little more difficult. It can be challenging at times working with neuro patients but it's a great learning experience and will mold me into a better nurse. Working with three patients at a time is also helping me learn better time management which I struggle with.</p>	<p>Step 5 Conclusion Overall this has been by far the best clinical experience I have ever had. I have really enjoyed working on HC5 and getting to know the whole team. The whole time I was with my nurse (Marvin) away with knowledge and I was very productive and used tried to use my time wisely even though it was very challenging at times. I have been able to do my assessments and chart them in a timely manner, I&O's, give meds, take vitals, give baths, remove chest tube, and trialysis port. The diagnoses were engaging and there is not anything I would say that could have made the experience better. I would not change anything with the experience and would keep it the same.</p>

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Step 3 Evaluation

The best thing about being on the floor was probably the fact that I had never been presented with some of the diagnosis, thus it was a very unique learning experience. The good thing about this learning experience all together was that it allowed for me involved to learn about and watch not only our own patients, but I also got to learn from and watch other nurses with different patients, thus making it a more educational learning experience overall. Some of the skills I have never gotten to do something like this before because it was different floor, so it was something new that was interesting and kept me engaged the whole time and my mind constantly working hard.

Step 6 Action Plan

I think this type of clinical experience and situations should be included in all modules from early on. I honestly think we should work on different floors like this before coming to module 8. The pandemic has really gotten in the way of that. There is a lot of students can learn from working on different floors throughout the modules. It is engaging and there is never a dull moment and I am constantly doing something and learning something new. The best part is not every case is the same.

This also teaches student nurse how to work as a team when they are nurses, as teamwork is essential on any floor. The skills I have learned on HC5 can directly be applied to bedside nursing, and I plan on improving on the constructive criticism I received so I can be a better nurse.