

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</p> <p>Upon receiving report from the night shift nurses, my nurse and I entered the room of one of the patients. We had a total of four patients for the day. One in particular stood out to me because her chief complaint was neck spasms, and she was lying in bed with an ice pack. They ran some diagnostics test to determine what was causing the neck spasms and everything came back negative. They were going to run some more tests today and see. The patient was crying every time I had went into the room and mentioned that she could not stand this pain. Several times she would ask, "had the doctors made rounds yet? I have a list of diagnostic tests that I want to have done." At this time, I became worried.</p>	<p>Step 4 Analysis</p> <p>We wouldn't quite understand why the patient would be in such pain, until the remainder of the orders/diagnostic test would be done to determine if the patient has something serious going on. Our main priority was to keep the patient pain free and comfortable until we got to the bottom of this. A 24hr urine test was being done also, so I replaced the ice throughout the day.</p>
<p>Step 2 Feelings</p> <p>From the patient stating those words made me feel concerned and worried. Concerned because she had a paper filled out with which diagnostics tests that they could run but had also asked me midday if she was getting discharged. At this point, I felt all over the place due to the patient's statements and actions. I was worried because every time I would assist the patient to the restroom, she had a stiff posture due to her neck. I was afraid of hurting her and wanted to do more for the patient since she was in pain. I felt confused just due to the fact that the patient would be crying one minute then the next would be asking about if she was going home. She refused all morning medications, so we offered to refill her ice pack. After refilling her icepack, I went ahead and did an assessment.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I felt unaccomplished today with this patient. Due to the fact that she was hurting and not much could be done. I wanted to do more for this patient. I hated the fact that she was in pain and hurting. Knowing that one of your patients aren't doing well makes you feel concerned. Many thoughts were running through my head and a bit of confusion. This situation made me learn that every patient is different which means different situations and problems.</p>
<p>Step 3 Evaluation</p> <p>Overall, I felt like I could've done more for the patient but at the same time felt that I did everything that I could possibly do. The patient responded well with the assessment, she had no weakness in the extremities and her pupils were PERRAL. (pupils equal, round, and reactive to light and accommodation) She was alert and oriented x3 (location, time, and DOB. The only significant problem was her neck spasms.</p>	<p>Step 6 Action Plan</p> <p>The overall situation was helpful in developing more experience with different patients, thus gaining more knowledge. As a nursing student and being given the privileged for this opportunity and taking this experience to grow from it and learn that sometimes you did everything you could possible do as a student nurse. This makes me strive to look deeper and take the assessment, subjective/objective data, and put together a plan to make the patient feel comfortable.</p>