

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>A patient was working with physical therapy when all the sudden they collapsed. The physical therapist tried to wake her up and as other nurses started to crowd around to help, they started the sternal rub with no response from the patient. My nurse and I were noticing something was wrong and that's when the charge nurse told my nurse that there was a code. My nurse dropped everything she was doing and ran right over to help. Over half of the nurses on the floor were now in the patient's room trying to get them to walk up. Ever nurse had a job. They were a well-oiled machine. They had not called an official code yet but as they were trying to find a pulse and get oxygen on the patient the charge nurse runs in and tells everyone that the patient was DNR. The nurses stopped what they were doing and just tried to get the oxygen on the patient and try to see if they could wake her. Finally, the patient woke up. They were a little confused, but they were awake and the reason she passed out was due to her doing physical therapy without her oxygen. When they put the pulse ox on, they their O2 was less then 20.</p>	<p><b>Step 4 Analysis</b></p> <p>With my current nursing knowledge, I don't know much about the process of calling a code but I do know that you don't start compressions until there is no pulse. I was wondering at the time, before they knew she was DNR, why they didn't start compressions but now I understand that she still had a pulse whether it was extremely faint or not it was still there. Since she fainted due to her lack of oxygen the nurses had to go through other steps before announcing a code blue over the intercom. The only possible boundary that occurred during the situation was that us nursing students didn't know what to do.</p>
<p><b>Step 2 Feelings</b></p> <p>I was feeling three things: worry, excitement, and a little helpless. I was worried because I did not want the patient to pass away, excited because the rush, the dramatics of the situation and how the nurses were so ready to drop everything and save this patient. I was helpless because the nurses were asking the nursing students to get them things, but we did not know where to get them, so all we could do was stand there. All I could think was this is what I want. I want nursing students to see me do something like this, saving a life, and be just as impressed and in awe as I was of them.</p>	<p><b>Step 5 Conclusion</b></p> <p>I wish I was able to know where things were on the floor so when the nurses asked me for things, I would have been able to get them and speed up the process of waking this patient up. I've learned a little more about what happens during a possible code and that a person doesn't just call a code. There are steps to absolutely everything. As long as they have a pulse you do everything except call a code. You need to get oxygen, ABGs and anything that can get that pulse stronger.</p>
<p><b>Step 3 Evaluation</b></p> <p>There was nothing that went wrong or that I feel should be changed. Every nurse took charge, knew exactly what to do and took their places in that room to potentially save this patient. There was nothing stopping these nurses from saving them. They were calm, collected, and were a real team. I wish I could have been more useful then just standing there. When they asked some of the nursing students to go get things for them none of us knew where these things were so one of the nurses had to leave to get them. That would be the only thing I would change.</p>	<p><b>Step 6 Action Plan</b></p> <p>The overall situation was very inspirational. I was watching those nurses and all I could think about was that's what I want to be. I want to a young nurse to be that impressed and inspired by me. It also gave me a newfound respect for nurses. They don't just pass medications or help aid someone. We have a massive part in a patient's life. If those nurses today didn't know what they were doing, weren't a team, or didn't work and train to work a code with the amount of speed and precision then that patient would have lost her life when she didn't need to. When I become an RN I want to be as strong and quick on my feet when it comes to saving a patient.</p>