

## 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. personnel / 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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My patient was a quadriplegic, who was on a vent and had a ET tube. There was my nurse and I taking care of him, there was as well a life gift nurse. He also had his family there, with covid, they had a special circumstance where they could have multiple family members there. I was able to give meds through his OG tube, work with his kangaroo pump, I also got to hang different medications. He was sedated and he was also on an EEG to see if he was having seizures. Once I got report and I heard how the morning went. I was a little nervous to have him as a patient, I haven't had a patient that coded, right before I came, before this clinical day. Once I went in and did my assessment on him, I calmed down and I wasn't as nervous to treat him. I talked to him just like I would any other patient, which helped me and knowing his circumstance. My nurse was very helpful with anything that I did, I have never gotten to do meds down an OG/NG tube before, she talked me through what I was to do and made me feel more confident in what I was doing. She helped me out but also, I helped her out and reminded her what she told me that we needed to do, and she forgot. We were a team throughout the whole time we were together. It was hard when the family came in since they were talking about withdrawing care, I haven't had a patient yet that had family there that were emotional about this. It was interesting to me to be around them and see how I acted with the family that were having a hard time. I feel like I could have done better with the family and talked to them more and see if they needed anything. I was able to see what it's like for the family who is having to make hard decisions. I got to hear the doctor talk with the nurse and out his input in about trying to trach this patient. His input was that the patient would still code, it wouldn't help that much. Also seeing how the family thought at first that the patient was getting a little better because when I first got there the FIO2 on the vent was 90 but they just did a bronchoscopy to clear his secretions and they were able to move the FIO2 from 100 to 90. I feel like for me I could have been more supportive for the family and see if they needed anything. I know have learned more about how a family grieves and how decisions are hard for the family, and how different families have different wishes. This family wanted to wait for the patient's dad to get there before they make any decisions, and the doctor was willing to wait for the dad to get there. I felt like the nurse had a harder way of being there for the family, there was the nurse that was across the hall that helped out a lot and talked with the family and to see if they needed anything.